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CALGARY metro®

Wednesday, November 14, 2012

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Ralph Klein honoured with Order of Canada

'Great gesture'. Event typically held in Ottawa brought to Calgary in honour of former mayor, Alberta premier

The wife of former Alberta premier Ralph Klein dabbed at her tears Tuesday as she accepted an Order of Canada medal on her ailing husband's behalf.

But Colleen Klein also managed to add a dash of levity to the bittersweet occasion.

As she posed for photos with Gov. Gen David Johnston, she opened her blazer to reveal a 1992 Progressive Conservative leadership campaign pin with her husband's grinning face on it. The gesture was met with laughter and applause from the small group of guests.

"It surprised me. You could see it surprised the Governor General," Klein adviser and longtime family friend Rod Love said afterwards.

Quoted

"It was very emotional. I think every one of us in that room wished that Ralph could have been there to accept that himself."

Shirley McClellan, who served as Klein's finance minister and deputy premier

Klein was also given a Queen Elizabeth II Diamond Jubilee Medal — something Love said had not been expected.

Colleen Klein put her hand to her chest as Johnston presented the second medal to her.

The former premier has a form of dementia and no longer makes public appearances.

"He's struggling, but he's comfortable," said Love, who added that Colleen Klein would be visiting her husband after the ceremony to show him the medals.

"I think Colleen believes he'll know," Love said, his voice hoarse with emotion.

Order of Canada medals normally are given out at a big ceremony at Rideau Hall in Ottawa. Love said it was a "great gesture" to bring the event to Calgary in this particular case.

"It was very emotional. I think every one of us in that room wished that Ralph could have been there to accept that himself," said Shirley McClellan, who served as Klein's finance minister and deputy premier.

"But also we're quite overcome by how gracious Colleen was in the acceptance and there's no question it was a Ralph and Colleen team."

Klein was elected leader of Alberta's Tories on Dec. 5, 1992, and was sworn in as the province's 12th premier nine days later.

He led the party to victory in 1993 and again in 1997 and 2001.

Before entering provincial politics, Klein served three terms as mayor of Calgary after a career in the news media.

THE CANADIAN PRESS

Colleen Klein, wife of former Alberta premier Ralph Klein, shows a Klein election badge in Calgary on Tuesday after accepting the Order of Canada from Gov. Gen. David Johnston on behalf of her husband. Ralph Klein, inset, was unable to attend due to his severe dementia. LARRY MACDOUGAL/THE CANADIAN PRESS

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CADA

Arts authority agrees with audit, up to a point

Keep a better paper trail.

That's the takeaway message from the city auditor to the Calgary Arts Development Authority in a report to be presented to aldermen on Thursday.

The auditor recommends the city-owned subsidiary keep more detailed documentation of how it allocates more than $4 million a year to nearly 200 local arts and culture groups.

CADA president and CEO Terry Rock says most of the recommendations are "really helpful" for the small organization, which incorporated in 2005 and has experienced "rapid growth" in recent years.

But he also says keeping detailed documentation on every decision related to every grant would come with added administrative costs.

He notes that while CADA hands out hundreds of thousands of dollars a year to organizations like the Calgary Philharmonic Orchestra and Alberta Ballet, it also doles out grants as little as $1,000 to smaller groups.

Ald. Brian Pincott, who sits on the city's audit committee, says there's "no question" CADA has been doing a good job and while he supports increased documentation, there is a limit.

"We want to make sure we don't add a $100,000 process to administer a $5,000 grant," he said.

Ald. Shane Keating, another audit committee member, says the city should invest in fostering a vibrant arts culture up to a point, but it should also make "absolutely sure that every dollar that is spent from the tax base is spent in a very wise and beneficial manner."

ROBSON FLETCHER/METRO

The "overwhelming feedback" from the six rookie members elected to city council in 2010 is that the orientation process for aldermen needs to be improved.

METRO FILE

$170K eyed for crash course in governance

Budget deliberations. Better orientation process for aldermen one of dozens of items council will consider in last week of November

ROBSON FLETCHER
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Calgary may spend an extra $170,000 to teach members of city council how to do their jobs.

No, that's not a joke. It's actually a crucial part of civic governance that sorely needs improvement, according to Ald. Brian Pincott, who was first elected in 2007 and went through an orientation process he describes as less than adequate, to put it mildly.

"The current orientation is horrible," Pincott said. "I can say that with memories of five years ago still fresh in my head."

It was a similar story when five rookie aldermen and a rookie mayor were elected in the 2010 election.

"They said that what we were providing really didn't prepare them for some of the decisions that they needed to make right after they were elected," said city spokesperson Jill Gaume.

To address those concerns, the city manager's office has proposed spending an extra $95,000 in 2013 and $75,000 in 2014 to improve the orientation process for aldermen — both newly elected and re-elected.

"It's two years' worth of orientation programs, it's not just at the beginning of the term," said Mayor Naheed Nenshi. "It's something that I strongly support"

Ald. Shane Keating describes orientation as a "necessary process" but says he's not sure it should cost an extra $170,000.

"I'm in favour of the concept," he said. "I'm really questioning the amount."

WITH FILES FROM KATIE TURNER

Quoted

"It's like drinking from a fire hose. You're fed so much information in such a short period of time and some of it sticks and some of it just spills out."

Ald. Jim Stevenson, on what it's like during the first few weeks as a new alderman

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Future of Crowchild Trail stirs up heated debate

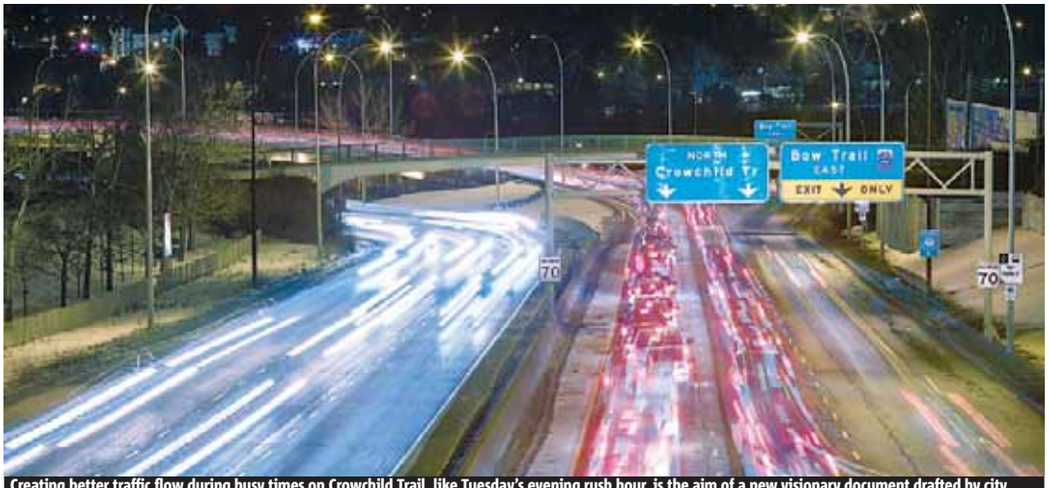
Plan. Hundreds turn out for open house to look at proposals for busy north-south freeway

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Crowchild corridor project

1 If greenlit, the city would take major steps to alleviate traffic pinch points along the busy roadway between 17th Avenue S.W. and 24th Avenue N.W., including several new interchanges and two extra bridges over the Bow River.

2 The total cost for the numerous developments could reach as high as $1 billion.



Creating better traffic flow during busy times on Crowchild Trail, like Tuesday's evening rush hour, is the aim of a new visionary document drafted by city planners. ROBSON FLETCHER/METRO

To those spending hours each day sitting in gridlock traffic, it's a long-overdue plan to get them to and from the office quicker.

To others, it's a risky proposition that could threaten the very places they call home.

Both sides of the debate over an ambitious, multi-decade proposal for Calgary's Crowchild Trail turned up at an open house Tuesday to discuss its merit.

"I worry that it will be bad for my family," said mother Chanel Lowe, who lives in West Hillhurst.

She said new measures to streamline traffic on Crowchild could lead to increased traffic in her neighbourhood and cut off her access to the freeway at 5th Avenue N.W.

Lowe's concerns were echoed by Ald. John Mar, who strongly opposes the possible demolition of houses in Scarboro that could come as a result of the project.

"It's something that might come in 25 years ... We don't have $1 billion," Mar said. "Even if we had that kind of money lying around, we have already said we're going to focus on the north-central LRT and the southeast LRT. Those areas are starved for transit."

Mar said more focus should be put on RouteAhead, the city's 30-year vision for transit service, and completing the southwest leg of the ring road — the latter item hinges on negotiations between the province and Calgary's neighbouring Tsuu T'ina Nation.

But Mar's concerns were not shared by council colleagues representing Calgary's northwestern outskirts, whose constituents rely heavily on Crowchild for commuting.

"I think it's excellent ... It's about time this was recognized and dealt with," said Ward 2 representative Gord Lowe.

Other residents in attendance at Tuesday's open house agreed a re-imagining of Crowchild is necessary but were skeptical on whether the city would ever move ahead with its vision.

"This is a dog-and-pony show to make it look like the city's actually doing something for a change," said local design management consultant Don Nich.

Reservist was reckless in training death: Prosecutor

Then-captain Darryl Watts, who is now a major, speaks during an interview with TheCanadian Press in Calgary on Dec. 8, 2010. JONATHAN HAYWARD/THE CANADIAN PRESS

A military prosecutor says a reservist is guilty of "wanton, reckless disregard" in the death of a Canadian Forces soldier in Afghanistan two years ago.

Maj. Tony Tamburro told a military court Tuesday that Maj. Darryl Watts allowed his men to practise with a Claymore C19 anti-personnel mine without any proper training in February 2010 on a firing range four kilometres northeast of Kandahar city.

"We're not alleging Maj. Watts woke up that morning and decided to kill or injure anyone," said Tamburro, who is with the Office of the Judge Advocate General.

"When soldiers went to that range some soldiers had no training on the C19. This is not a case of soldiers being injured or killed in combat. This was not in a firefight.

"This was supposed to be another day on the range."

Tamburro said Watts was not properly trained on the C19, although he did have access to a training manual issued by the Canadian Forces. Tamburro said the soldiers weren't given any classroom training, nor did they have practice devices to work with beforehand.

Tamburro said the explosion from the C19 was fan-shaped and a number of the soldiers were "not behind cover."

Watts was on the range the day of the blast. He spent time watching the firing or working in his LAV (light-armoured vehicle). He pleaded "not guilty, sir" after each of the charges was read. THE CANADIAN PRESS

Aftermath

Watts is charged with manslaughter, unlawfully causing bodily harm, breach of duty and negligent performance of duty.

- **Dead.** Cpl. Josh Baker, 24, died when the explosive Claymore, packed with 700 steel balls, raked a Canadian Forces platoon. Four others were wounded.

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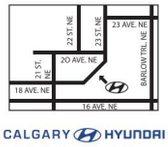

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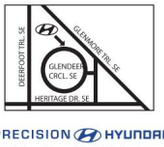

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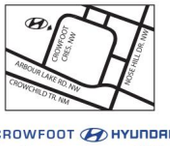

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Calgary Food Bank representative Kathryn Sim shows off some of the gluten-free products available in special hampers provided by the organization. JEREMY NOLAIS/METRO

Gluten-free food hampers getting more popular

Donations. Calgary Food Bank puts out call for assistance as busy holiday season draws near

JEREMY NOLAIS
jeremy.nolais@metronews.ca

It's no easy feat filling food hampers without wheat.

But the Calgary Food Bank quietly launched a gluten-free program a few years ago and in recent months it has surged in popularity, according to spokesperson Kathryn Sim, with up to 20 requests for the special hamper monthly.

"We're talking about it (now)," Sim said. "We kind of operated under the wire for a couple of years. We were concerned that if we were to put the word out there we'd have a lot of demand from clients and we wouldn't be able to meet the need."

The food bank is now fairly well-stocked in foods friendly to a person suffering from celiac disease; however, Sim said she hopes some community partners will begin making a more conscience choice about the items they donate.

Vicki Brown, owner of the Calgary Gluten Free Store, has already begun making an effort to gather wheat-free donations for the food bank.

"If you're celiac, it is a health issue," said Brown, who launched her business three years ago after realizing the struggle with grocery shopping for her celiac-diagnosed daughter. "There can be side effects down the road.... No matter what your income or status."

Sim said she has already fielded a handful of calls from critics of the gluten-free hamper program, but added the bank is simply responding to the most common demands from clients.

"There's no point in us having someone come to the food bank and give them food that isn't going to help them regain their independence — that's just going to make them worse," she said.

Gluten be gone

- **Honour system.** The Calgary Food Bank's gluten-free program is run on an honour system; however, officials hope only those suffering from celiac disease will request a special hamper.
- **Vegetarian.** The organization is also looking at the introduction of a vegetarian food hamper and other allergy-sensitive offerings going forward.

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Deadline: 2016. Alberta government tenders two zones of Highway 63

Highway 63 should be tendered by 2016 after 32 sections of road have been sent out to tender, the Alberta government announced Tuesday.

The first stretch of highway to be twinned spans 15 kilometres from north of Mariana Lake to north of Algar Tower, and should be completed by the end of 2013.

The second is 17 kilometres of road from north of Algar Tower to south of Horse Creek and should be done by summer 2014.

"These grading project tenders are two more examples of our determined and focused plan for fast-tracking Highway 63 twinning to meet the 2016 completion date," said Ric McIver, minister of transportation

Projects include grading for a twinned highway, site preparation and earthworks at stream crossings.

METRO

Kristopher Cook

Cancer-fraudster sentencing delayed 30 days

Pretending to have been diagnosed with cancer to swindle cash from friends and strangers, a Calgary man will have to wait a little longer for his punishment.

Kristopher Cook pleaded guilty to fraud in September and was scheduled for sentencing Tuesday; however, lawyers requested a 30-day delay to complete a forensic psychiatric report.

Cook was hospitalized in mid-September over injuries sustained in an apparent prison beating.

In court Tuesday, he appeared to have recovered from bruising around his eyes that he suffered in the attack.

Cook is to reappear in court for sentencing Dec. 14. JEREMY NOLAIS/METRO

CBE waiving school fees for more students

More students are likely riding the school bus for free this year as the Calgary Board of Education says it has boosted awareness of its waiver program. METRO FILE

Assistance. Board moved to charge for noon-hour supervision and busing separately this year, driving cost up for thousands of families

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Lana El-Sakaan didn't know where to turn.

The Calgary mother of six still easily recalls the panic she felt while staring down a school-fee bill in the neighbourhood of $1,300 in late August.

"It was a matter of where would I get that money from," she said Tuesday. "Would I have to take it out of money to buy food?"

After several appeals to the Calgary Board of Education for assistance, officials made the decision to waive busing fees for every one of El-Sakaan's children, leaving her with a much more manageable bill of $330.

Figures provided by the Calgary Board of Education indicate approximately 30 per cent more students have seen some or all of their school fees waived when compared to the same time period last year.

Spokesperson Cathy Ward said two factors are likely driving the increase. The first is an expansion of the fees that can be subsidized to include both noon-hour supervision and musical-instrument registration fee.

The second, according to Ward, is increased awareness around who can and should apply for a waiver that came during a full consultation on the CBE's fee model in the spring and increased correspondence provided to parents at the outset of the current school year.

More included

6,924

Official counts by the Calgary Board of Education said 6,924 students were included in the fee waiver program this year compared to 5,312 in 2011.

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Walk this way. Alderman advocating for increased pedestrian safety

With ongoing construction in Calgary's downtown core, one alderman is proposing the city ensure pedestrians aren't shunned from the sidewalk.

Ald. Druh Farrell will present a notice of motion at an upcoming council meeting, suggesting the city require covered pedestrian access around construction sites in the centre city and surrounding neighbourhoods.

"We're still seeing construction sites closing sidewalks for extended periods of time — often on both sides of the street, forcing the pedestrian to walk in traffic," she said. "It's happening frequently and it's dangerous."

Farrell said long-term projects like The Bow building, where construction has been ongoing on both sides of 6 Avenue, demonstrate ways in which pedestrian traffic flow can continue.

"There has to be pedestrian access on the opposite side of the street, but if you've got construction on both sides of the street, there's no pedestrian access," said Farrell. "Some of these developments take up the sidewalk for years."

The situation

"We're still seeing construction sites closing sidewalks for extended periods of time, often on both sides of the street, forcing the pedestrian to walk in traffic."
Ald. Druh Farrell

She said, as an example, hollowed-out shipping containers can be used as pedestrian walkways.

Farrell said the changes to the bylaw are especially important as the City of Calgary works towards making all forms of transportation accessible and desirable.

"It goes against our policy of creating a walkable city," she said.

Farrell will present the notice of motion at the Nov. 19 council meeting.

KATIE TURNER /METRO

Cold comfort. New Street Frostival coming to Calgary's Stephen Ave.

Bundle up, as wintry weather will be embraced this weekend during the inaugural Street Frostival.

With few festivals during Calgary's cold weather months, Downtown Calgary and Market Collective, in conjunction with Light and Soul decided to celebrate the snow.

"Calgary doesn't have a lot of options for things to do in terms of festivals once the winter hits," said Market Collective co-founder Angel Guerra. "The focus of the event is to get people out and moving in the winter."

Along with free coffee and tea, fire pits and marshmallows will be on hand to warm up patrons.

Guerra explained there will also be live music, with DJs playing at one end of the street, as well as dancers, and a live mural painting.

For those wishing to make a donation, there will also be drop off bins for food items and unwrapped gifts.

Street Frostival takes place Nov. 17 from noon to 5 p.m. in the 100 east block of Stephen Avenue.

For more information, visit marketcollective.ca

KATIE TURNER/METRO

The inaugural Street Frostival will be held on Stephen Avenue this weekend.
COURTESY OF DOWNTOWNCALGARY.COM

Suspicious odours

Cops bust grow-op worth $420K

Police have uncovered more than 330 plants at a Stage 3 grow operation located in northeast Calgary.

During an ongoing investigation, officers with the North District Operation Team conducted a warrant at a residence in the 200 block of Whiteview Bay N.E.

Along with the plants, valued at a street value of approximately $420,000, a "significant amount" of growing equipment was also seized.

No suspects were in the residence at the time, but charges are pending.

Police have issued a list of warning signs of a possible grow op, including excessive humidity or sweating on the exterior of the house, no snow on the roof when the rest of the neighbourhood has condensation on windows, as well as a strong "skunky" odour emanating from residence.

The Calgary Police Service encourages Calgarians to call 403-206-8100 if they have suspicions.

METRO

Woman's body found

River death not suspicious: Police

After the body of a woman was pulled from the Bow River Monday, police say her death is not considered suspicious.

The woman's body was spotted in the water by a jogger Monday morning just west of the Langevin Bridge, on the north bank.

Few details were released by police, but an autopsy was completed on Tuesday. METRO

Inappropriate exams

Doctor charged with sex assault

RCMP have laid three sexual assault charges against a former Grande Prairie doctor.

The College of Physicians and Surgeons of Alberta also suspended Dr. Romelito Delacruz from practising for six months for "inappropriately examining two female patients."

He was ordered to pay more than $61,000 for the costs of the investigation and hearing. Delacruz is next due in court Nov. 26.

THE CANADIAN PRESS

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They failed to die for their cause ...

Suicide bombers. Former top Israeli intelligence officer persuades them to reveal why they volunteered to kill

GRAHAM LANKTREE
Metro in Ottawa

What makes a suicide bomber?

Former top Israeli intelligence officer Yoram Schweitzer decided to find out.

For two and a half years, he interviewed would-be bombers whose missions failed.

Many, both men and women, don't consider themselves suicide bombers but soldiers, he told students and faculty at Carleton University ahead of a talk at the University of Ottawa's Centre for International Policy Studies.

"Most of them are not suicidal," he said.

"They perceive themselves to be soldiers in their own way. This was the easiest thing to do, in a sense, to press a button.

"Many are not part of the terrorist organizations, they just volunteer for the mission."

Quoted

"I really wanted to listen to what they had to say. To have it coming from their mouth and listen to how they articulated their ... motivations."

Yoram Schweitzer,
One-time head of the Israeli Defence Forces' Counter International Terror Section.

Were the would-be bombers disappointed by the failure of their missions? Schweitzer wondered.

"They themselves told me that it was God's decision," he said.

"They said, 'I was ready to sacrifice myself, I knew the risks. If God decided that I'm still here, then I'm here.'"

Schweitzer went on: "Some of their stories are quite touching. As more time went on, I could listen and try to understand the mindset of a terrorist.

"This phenomenon of suicide terrorism seems to be very individual at the end of the day."

Israel was hit by more than 60 suicide bombings in 2002. But now, casualties are down to nearly zero — largely through info sharing between Israeli military organizations, Schweitzer said.

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Mud, glorious mud ... not!

There goes the neighbourhood. Residents of the Hillside Park area in Daly City, Calif., woke up Tuesday to flooded streets and vehicles buried in mud after a broken water main sent 45,000 gallons of water spewing down a grassy hillside. ERIC RISBERG/THE ASSOCIATED PRESS

'Painful allegation'

Mr. Elmo's teen accuser recants his sex claim

A man who accused Elmo puppeteer Kevin Clash of having sex with him when he was a teen has recanted his story.

In a quick turnabout, the man on Tuesday described his sexual relationship with Clash as adult and consensual.

Clash said he is "relieved this painful allegation has been put to rest."

The man, who has not identified himself, released his statement through a Harrisburg, Pa., law firm.

The episode began Monday, when Sesame Workshop — which produces Sesame Street — said Clash had taken a leave of absence in the wake of allegations he had a relationship with a 16-year-old.

Clash is a 52-year-old divorced father of a grown daughter. His accuser is in his early 20s.

Clash acknowledged he is gay but said the relationship had been between two consenting adults.

Sesame Workshop, which said it was first contacted by the accuser in June, launched an investigation that included meeting with the accuser twice and meeting with Clash. Its investigation found the charge of underage conduct to be unsubstantiated.

THE ASSOCIATED PRESS

Modern-day Rasputin jailed

France. Swindler gets eight years for brainwashing French aristocratic family into handing over their fortune and home

A man described as a modern-day Rasputin was convicted Tuesday of brainwashing three generations of an aristocratic French family for nearly a decade, swindling them of their fortune and their turreted manor.

Thierry Tilly, who was sentenced to eight years in prison by a court in Bordeaux, became a confidante of the landed Vedrines family in 2000. Over nine years, the man who local media dubbed "the guru" manipulated the family of 11 — aged from 16 to 89 — into believing there was a secret masonic plot against their lives, according to court testimony.

Family members were so convinced of his story that they locked themselves inside their chateau for several years, terrified they would be killed. They sold their possessions — including the family manor — and handed over $5.7 million US.

The case raised echoes of the trial involving France's richest woman, 90-year-old L'Oreal heiress Liliane Bettencourt, who was swindled by a French tax lawyer into handing over a private Seychelles island to him.

THE ASSOCIATED PRESS

Moving on

"The trial is behind us and we will do everything to rebuild."

Christine de Vedrines, a family member who had alerted police to Thierry Tilly

Christine de Vedrines, centre, and Philippe de Vedrines, right, leave the Bordeaux court in France Tuesday. Thierry Tilly, an alleged modern-day Rasputin, has been convicted of swindling the aristocratic French family of their fortune and their turreted manor. THE ASSOCIATED PRESS

Belize. McAfee software founder denies role in neighbour's death

Software-company founder John McAfee is denying any role in the slaying of his neighbour on a Caribbean island, according to an online article posted for Wired magazine.

Wired said McAfee called a reporter on Monday to say he was hiding from police who want to question him about the death of 52-year-old Gregory Viant Faull, whose body was found on Sunday. He is quoted as saying police would kill him if they find him.

McAfee said he saw police coming on Sunday and hid, burying himself in the sand and putting a cardboard box over his head so he could breathe, according to the article.

McAfee reportedly said that whoever shot Faull may have been gunning for him instead and mistakenly killed his neighbour.

Faull was found with a gunshot wound to his head inside his two-storey home north of San Pedro, a town on the island of Ambergris Caye, said Raphael Martinez, spokesman for Belize's Ministry of National Security. The housekeeper discovered the body Sunday morning and called police.

Software-company founder John McAfee YOUTUBE

Martinez said that no charges had been filed in the case.

Belize police said Tuesday that McAfee, 67, remains a "person of interest" in the death of Faull, not a suspect, and that he is being sought for routine questioning. They believe he is still in Belize, but they have also contacted authorities in Mexico and Guatemala, which border Belize, for help in locating McAfee.

McAfee sold his stake in the anti-virus software company that is named for him in the early 1990s and moved to Belize about three years ago to lower his taxes.

THE ASSOCIATED PRESS

United Arab Emirates

Gulf state cracks down on online activism

The United Arab Emirates set stricter Internet monitoring and enforcement codes Tuesday that include wider leeway to crack down on web activists for offences such as mocking the rulers or calling for demonstrations.

This month, a Bahraini man was jailed for six months on charges of insulting the king in Twitter posts. In September, a journalist-blogger in Oman received a one-year prison term for alleged anti-government writings.

THE ASSOCIATED PRESS

China conclave

Communist officials embrace social media

During China's last party congress, officials didn't know a hashtag from a hyperlink. But five years on, they have embraced social media with unprecedented enthusiasm, hoping it can stir up excitement about the staid party meeting this week.

Dozens of delegates are using social media to post about party leader Hu Jintao's reading of highlights from the party work report. But it is also being used by the public to poke fun at the propaganda. THE ASSOCIATED PRESS

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FURTHER YOUR PASSION
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Scientists tap into vegetative brain

Scott Routley has been able to communicate through his brain activity, say scientists at the Western university Brain and Mind Institute. COURTESY BBC/FERGUS WALSH

Positive signs. Routley communicates that he "isn't in pain" to a group of researchers at Western's Brain and Mind Institute

ANGELA MULLINS
Metro in London

A team of Western University neuroscientists are getting international attention for what they've known for years.

Patients in a vegetative state may not be able to talk or physically react to questions, but tests show many of their brains are alive and ticking, the doctors say.

London's Scott Routley, a 39-year-old with brain trauma from a motor vehicle accident, has quickly become the face of the medical discovery.

Although Routley hasn't spoken for 12 years, he recently told a research team from Western's Brain and Mind Institute that he isn't in pain.

The message — considered the first of its kind from a patient such as Routley — was conveyed this summer through an MRI scan of his brain, said researcher Dr. Damian Cruse. Cruse and other members of the team discovered in 2010 that at least some people with severe brain injuries can think about things on command.

"We ask them to imagine playing tennis and imagine walking around their house," Cruse said. "Two very different parts of the brain light up" during an MRI.

"What we've done is say, 'If you want to answer yes to this question, imagine that you're playing tennis. If you want to say no, imagine that you're walking around your home,'" Cruse said.

Routley imagined walking around his home after asked if he felt pain. A solid "no" response, doctors say.

Surrey Mountie killed in crash. RCMP remembers fallen officer

The Surrey, B.C., Mountie killed when his unmarked cruiser collided with a transport truck early on Tuesday will be remembered as an "outstanding" officer with a family history of RCMP service.

Const. Adrian Oliver, 28, was on duty and returning to the Surrey RCMP detachment when the crash occurred at 148th Street and 64th Avenue at about 5 a.m.

"He was an outstanding police officer, with a great attitude and commitment to serve others," Chief Supt. Bill Fordy said in a statement.

The investigation into his death is ongoing as a team works to reconstruct the collision.

RCMP Const. Adrian Oliver
THE CANADIAN PRESS

EMILY JACKSON/METRO

Bullying

B.C. goes online to tackle bullying

The B.C. government has unveiled an online tool designed to let children anonymously report bullying to school administrators.
THE CANADIAN PRESS

Tim Hortons

No charges in coffee shop crash

Police say no charges will be laid after an elderly driver created her own drive-thru at a Cobourg, Ont., doughnut shop. Investigators say a van mounted the curb at the front of a Tim Hortons and crashed into the glass entranceway.
THE CANADIAN PRESS

‘Idiot’ driver pays the price in public

Repeat offender. Residents say Hardin isn’t remorseful after getting caught driving on the sidewalk to pass a school bus

A woman caught on camera driving on a sidewalk to pass a Cleveland school bus that was unloading children stood in the cold Tuesday at an intersection holding a sign warning people about idiots.

A Cleveland Municipal Court judge ordered 32-year-old Shena Hardin to serve the highly public sentence for one hour Tuesday and Wednesday for the Sept. 11 citation. She arrived bundled up against the 34-degree cold, puffing a cigarette and wearing head phones as passing vehicles honked.

The sign read: “Only an idiot would drive on the sidewalk to avoid a school bus.”

Hardin’s license was suspended for 30 days and she was ordered to pay $250 in court costs.

Lisa Kelley, whose 9-year-old daughter boards the bus which Hardin had been passing on the sidewalk, said the sentence fit the crime.

“She’s an idiot, just like her sign says,” Kelley said as she watched Hardin lean against a fence, her head down and her eyes hidden by dark glasses.

Shena Hardin wipes her nose as she holds up a sign to serve a highly public sentence on Tuesday. TONY DEJAK/THE ASSOCIATED PRESS

“She did this almost every day last year,” Kelley said. “She won’t stop laughing. She’s not remorseful, she laughed at every court appearance. She’s still laughing, so she needs to be humiliated like this.” Bill Lipold, 37, who works nearby in the blue-collar neighbourhood of older homes and factories, yelled “Why do you hate kids” to Hardin. “How else are you going to stop her from doing it again? She really didn’t show remorse for her action after being caught, so you’ve got to try something,” he asked. **THE ASSOCIATED PRESS**

Jamaica

Bus company bans preaching

Jamaica’s state-owned bus company is putting the brakes on lay ministers preaching to weary commuters.

Transit company director Hardley Lewin has told his drivers to politely ask religious people to stop evangelizing to captive audiences on buses.

He says customers have complained that they feel harassed by preachers who sometimes loudly evangelize on buses in the overwhelmingly Christian island of about 2.8 million people. Prominent evangelical pastor Bishop Herro Blair says lay ministers should have first sought the company’s permission to preach on buses. **THE ASSOCIATED PRESS**

Possum drop gets dropped. Judge rules to end annual event

An annual tradition known as a possum drop that attracts thousands of people to a tiny town in North Carolina each New Year’s Eve may be ending after a judge ruled Tuesday that a state agency didn’t have the authority to issue a permit for the event.

The ruling would end a 19-year tradition of suspending the marsupials in a see-through box covered with holiday tinsel and lowering it to the ground at midnight. People for the Ethical Treatment of Animals had sued the North Carolina Wildlife Resources Commission, which issues the permit for the event, saying it’s illegal and cruel.

“Citizens are prohibited from capturing and using wild animals for pets or amusement,” Judge Fred Morrison wrote in his ruling.

The state commission has 30 days to appeal Morrison’s decision to Superior Court. A spokesman said the agency will decide whether to appeal after reviewing the 18-page ruling.

Clay Logan, who owns Logan Corner store, manages the event, which attracts 2,000 to 3,000 people annually to the tiny hamlet. The commission “had no authority to issue any permit to Logan for the unlawful public display of a native wild animal” at the drop, Morrison wrote. **THE ASSOCIATED PRESSS**

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PM's blast puts troubled teen's inquest on track

Co-operate, said Harper. And now, after outrage over videos, all parties in probe try to get along

Ashley Smith is surrounded by guards at the Joliette Institution in Quebec in this image made from video. She was shunted among nine different prisons in five provinces. HANDOUT PHOTO/THE CANADIAN PRESS

The long-delayed inquest into the jail death of a troubled teenager finally appeared to be on track Tuesday.

There were unprecedented signs of co-operation by prison authorities and doctors who had been fighting tooth and nail to limit damning details.

Instead of the legal wrangling that has become the hallmark of the Toronto probe into the death of Ashley Smith, the parties spent a few hours in rare agreement before proceedings were adjourned until the new year.

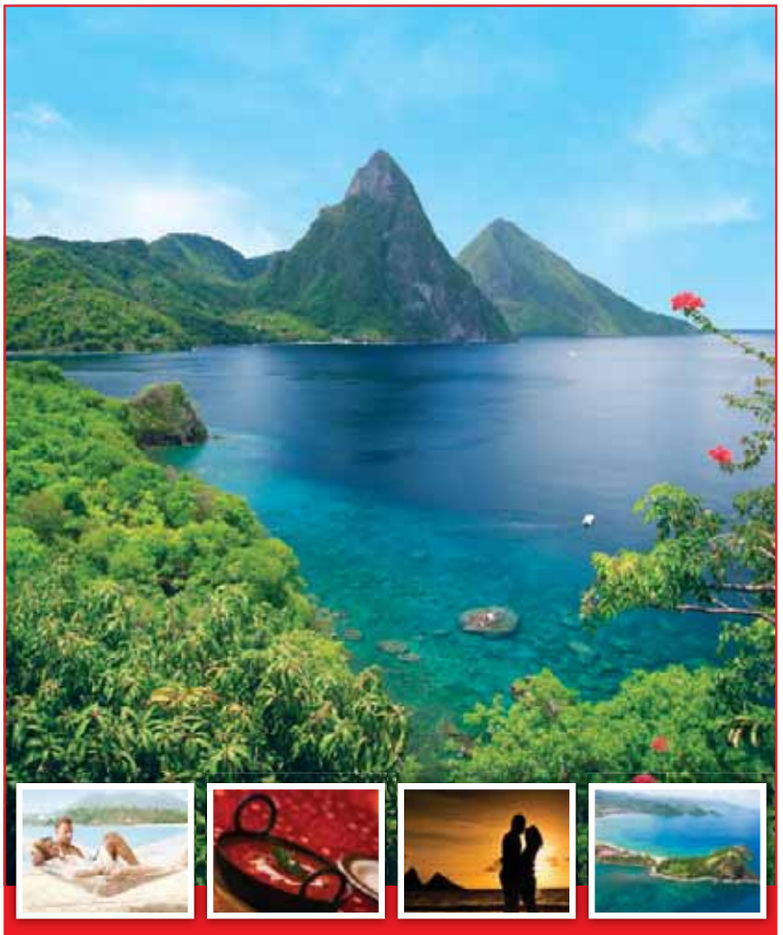
Earlier, the screening of disturbing videos sparked widespread outrage.

The videos showed authorities duct-taping a hooded, docile Smith to her airplane seat and injecting her against her will with tranquilizers.

Prime Minister Stephen Harper called authorities' treatment of Smith unacceptable and ordered them to co-operate with the inquest.

Smith, 19, died in her cell after wrapping cloth around her neck. Guards who were ordered not to intervene stood watch outside her cell.

THE CANADIAN PRESS



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Petraeus sex scandal widens

CIA. Now top U.S. commander in Afghanistan investigated; promotion on hold

U.S. Gen. John Allen
THE ASSOCIATED PRESS

The sex scandal that led to CIA Director David Petraeus' resignation widened Tuesday, with the top U.S. commander in Afghanistan under investigation for alleged "inappropriate communications" with a woman who received threatening emails from Petraeus' former lover.

Some of the 20,000-plus pages of documents and emails between Gen. John Allen and Florida socialite Jill Kelley were "flirtatious," a senior defence official said. The official spoke on condition of anonymity because he wasn't authorized to discuss the case publicly.

Defence Secretary Leon Panetta revealed earlier Tuesday that the Pentagon had begun an internal investigation into the emails.

Allen succeeded Petraeus as the top American commander in Afghanistan in July 2011, and his nomination to become the next commander of the U.S. European Command and the commander of NATO forces in Europe has been put on hold.

In a White House statement Tuesday, National Security spokesman Tommy Vietor said President Barack Obama "remains focused on fully supporting our extraordinary troops and coalition partners in Afghanistan, who General Allen continues to lead as he has so ably done for over a year."

Meanwhile, FBI searched the Charlotte, N.C. home of biographer Paula Broadwell on Tuesday. The White House wasn't informed of the FBI investigation until election day.

THE ASSOCIATED PRESS

Case update

Paula Broadwell's threatening emails to Jill Kelley, a 37-year-old family friend of David Petraeus, led to the FBI's discovery of communications between Broadwell and Petraeus indicating they were having an affair.

- In the latest revelations, a Pentagon official would not say whether the communications are thought to include unauthorized disclosure of classified information. He said he did not know whether Petraeus is mentioned.

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“I won’t be just another silent Conservative backbencher.”

Dan Meades

Like many of us in Calgary I was raised someplace else. I was born in St. John’s, Newfoundland, where I put myself through university as a musician, earning a degree in English and Business. I left St. John’s for West Africa where I worked with local people on agricultural projects and helped set up community-run HIV/AIDS clinics.

It was this passion for community that led me to Calgary. I spent nearly four years as the Director of Vibrant Communities Calgary, an organization that works to address the root causes of poverty. I was always amazed by how Calgarians from all walks of life came together to make our communities better.

That’s why I’m running in this important by-election—to be a Member of Parliament who fights to improve our city, not one who’s happy to sit quietly on a back bench. That’s why I’m asking for your support on November 26.

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Authorized by the official agent for Dan Meades

Top toys of 2012 tested and chosen by kids

This product image released by Good Housekeeping shows a variety of board games that made it onto the Good Housekeeping’s annual Best Toys list for 2012. BEN GOLDSTEIN/THE ASSOCIATED PRESS

Great gift ideas

Among the winners of Good Housekeeping’s 2012 Best Toy Awards, to be revealed in the December issue:

- **Ages 3 and up:** The Hexbug Hive Habitat Set ($35), which has mechanical bugs running through a customizable maze.
- **Ages 7 and up:** The Techno Source Codee ($8), a chain of blocks that can be made into creatures such as a bright flamingo or robot, and the Playmobil E-Rangers Headquarters ($130), which features an LED spotlight.

Safe and creative.

Best-toy winners include a fortune cookie maker, a mini stunt-car track and a mechanical bug maze

Not all the testers for Good Housekeeping’s annual Best Toys list wear lab coats. Some are barely out of diapers.

For its 2012 list, engineers reviewed hundreds of toys for safety and educational merits. But the true test comes from 140 kids, aged 3 to 13, who play with the top 135 new toys at the magazine’s product-testing laboratory in New York.

There are more price-conscious choices under $25 to choose from this year, according to the Good Housekeeping Research Institute, along with toys that teach, including robotics for very young children and sophisticated art projects and models for older kids. Others fall into the additional category of back-to-basics, abandoning tech in favour of more open-ended play.

“Parents can feel confident that our winners are safe, fun and encourage creativity, imagination, and problem-solving skills,” said Rosemary Ellis, editor-in-chief of Good Housekeeping.

THE ASSOCIATED PRESS

New and improved iPhone and iPad set to hit stores in early 2013

Tech developments

- **Enter the iTV.** Commercial Times speculated that an Apple-branded big-screen TV will be released in the first half of next year.
- **Long rumoured.** Piper Jaffray analyst Gene Munster has been predicting the development of the new TV since 2009.

Apple Inc. will launch a new iPhone in the first quarter of 2013, followed by a refreshed iPad and debut of the long-rumoured “iTV” by mid-year, says Chinese-language business newspaper Commercial Times.

Translated by DigiTimes, the report said Cupertino, Ca.-based Apple will start trial production next month of a modestly upgraded version dubbed iPhone 5S, with a small initial run of 50,000-100,000 units.

It said Apple has accelerated certification of parts and materials for the new phone due to production problems with the iPhone 5, the sixth-generation handset that hit stores in September.

A new iPhone could be required to fix scratching reported with the current aluminum casing that might be replaced by plastic, online sources speculated Tuesday.

Taiwan-based newspaper DigiTimes, citing Commercial Times, also said a fifth version of the iPad is planned for the second quarter to adjust lower-than-expected display resolution on the mini-iPad, which was unveiled in October. TORSTAR NEWS SERVICE

Larger deficits could delay Tory promises

Fall update. Weak global economy means Ottawa won't show surplus until 2016-17

The Harper government has pushed back its target date for eliminating the deficit by one year, leaving open the possibility it won't be able to fulfil two key election promises on income splitting and doubling tax-free saving accounts.

Finance Minister Jim Flaherty delivered his fall economic update Tuesday, saying global economic weakness has carved into commodity prices and tax revenues.

The update showed a bottom line for this fiscal year worse than many expected, with the deficit at $26 billion, up $5 billion from the March budget forecast.

This year's deficit would be even higher, by about $7 billion, if Flaherty hadn't hedged his bet by adding a $3 billion cushion, or margin for risk, into his budget calculations.

Flaherty also said it will take a year longer than predicted to balance the budget.

During the last election campaign, the Conservatives said they would establish the Family Tax Cut income sharing for couples with dependent children under 18 years of age. It would give spouses the choice to share up to $50,000 of their household income for federal income tax purposes.

The Conservatives promised it would be implemented during this term in office when the federal budget is balanced. But when asked Tuesday about the program's fate, Flaherty said it will have to wait. "Any movement on that will have to await a balanced budget," he said.

The government had also promised to double the contribution to tax-free savings accounts to $10,000 once the budget was balanced. "Canada has clearly been affected by volatile and falling world commodity prices since the budget in late March," Flaherty said in a speech to a Fredericton business audience. THE CANADIAN PRESS

By the numbers

$26B

Ottawa now projects its deficit will rise to $26 billion this fiscal year, which ends in March, as opposed to the predicted $21.1 billion. Going forward, the deficit is now projected at $16.5 billion next year, compared with the budget estimate of $10.2 billion, and $8.6 billion in 2014-15, as opposed to $1.3 billion.

Finance minister Jim Flaherty
ADRIAN WYLD/THE CANADIAN PRESS

Publishing. Quebecor cuts 500 Sun Media positions

Quebecor Inc. is cutting about 500 jobs at its Sun Media newspaper division in a move that includes closing two production facilities in Ontario as it copes with lower advertising revenue.

The cuts represent some 10 per cent of Sun Media's workforce and are part of an effort to reduce annual costs by $45 million.

"Although our circulation revenue has stabilized due to strategic pricing increases, the advertising sector continues to experience declines through the news and media industry," chief executive Pierre Karl Peladeau said Tuesday.

Quebecor will also "dispose or shut down all non-core activities" to reduce costs, Peladeau said.

The Southern Ontario Newsmedia Guild said about 27 journalists' jobs will be eliminated as the company centralizes copy editing and pagination in Toronto. The guild represents some Sun employees. Up to 100 jobs will be lost when the printing plants in Ottawa and Kingston close, the guild added.

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Accounting scandal

Investors sue Olympus

Olympus Corp. says nearly 50 shareholders have filed a suit seeking about $240 million in compensation for their investment losses stemming from a massive accounting scandal.

The Japanese camera and medical equipment maker said Tuesday that 48 mostly foreign institutional investors and pension funds filed the suit in Tokyo District Court in June. The court documents reached Olympus on Monday. Company officials have acknowledged hiding huge losses for years, using overseas bank accounts, paper companies and dubious acquisitions to keep them off its books.

THE ASSOCIATED PRESS

CSeries planes

Bombardier steps up China alliance

Bombardier Inc. is continuing its push to win orders of its CSeries planes in China by strengthening its collaboration with Chinese aircraft manufacturer COMAC to develop common features for their aircraft. "It's meant to develop commonalities that will make both of our aircraft attractive to customers in China, but also around the world," said a spokeswoman.

THE CANADIAN PRESS

If you thought the Canadian housing market was overheated...

The luxury residential building Opus Hong Kong, designed by Frank Gehry, is shown in Mid-Levels east of Hong Kong. A local property company said Tuesday it sold a 6,683-square-foot apartment on the building's ninth floor for almost $60 million. It did not say who the buyer was. The sale comes amid growing concern over surging property prices in Hong Kong, driven by ultra-low interest rates and an influx of wealthy mainland Chinese buyers. Prices have doubled since the end of the global financial crisis in 2009, according to a widely watched index. The Hong Kong government has introduced various measures in an attempt to cool the market. The latest round, including a tax on foreign buyers, was introduced at the end of last month.

KIN CHEUNG/THE ASSOCIATED PRES

New study. Entrepreneurs set to retire in droves: CIBC

A wave of retirements among business owners over the next few years could pose a significant risk for the Canadian economy as the country undergoes the biggest transfer of economic control in its history, according to CIBC World Markets.

CIBC says half of all owners of small- and medium-sized businesses in Canada will retire over the next decade, including 310,000 that plan to transfer control of their companies within the next five years.

"The economic implications of the accelerated pace at which firms are changing hands should not be underestimated," CIBC deputy chief economist Benjamin Tal said in the report issued Tuesday.

An estimated $1.9 trillion in business assets are poised to change hands in five years — the biggest transfer of Canadian business control on record, CIBC says.

THE CANADIAN PRESS

By the numbers

310,000

In the next five years alone, 310,000 owners of small- and medium-sized businesses in Canada will transfer control of their companies.

BHP Billiton sells diamonds business to Harry Winston

$500M deal. Agreement includes stake in Canada's first diamond mine

BHP Billiton is selling its diamonds business, including its stake in the Ekati diamond mine in the Northwest Territories, to Harry Winston Diamond Mines Ltd. for $500 million US in cash.

Under the deal, BHP Billiton's employees working at Ekati, in Yellowknife and in diamonds marketing in Antwerp, Belgium, will join Harry Winston, a Toronto-based mining and retail company.

"The mine's success is a credit to the people who work there, at Yellowknife and with the marketing team in Antwerp," said Tim Cutt, BHP Billiton Diamonds & Specialty Products president.

"Harry Winston has long experience in the Canadian diamond industry and their commitment to study further development at Ekati could help extend the mine's contribution to Northern Canada for many years to come."

BHP Billiton, a diversified mining company involved in a wide range of commodities, launched a review of its ownership in the Ekati project last year.

"Completion of this acquisition will bring the opportunity to marry our Canadian diamond sorting and marketing skills with an experienced mine operating and development team, a world class operating asset, and future growth potential," said Robert Gannicott, Harry Winston's chairman and chief executive.

"Together with our existing mining business, these assets will serve as our platform for sustained, disciplined growth in the upstream diamond sector."

Harry Winston said the current Ekati mine plan calls for another seven years of production, but noted there are additional resources which could become economic with increased diamond prices.

The company said current production at Ekati includes lower grade ore, but high carat value.

THE CANADIAN PRESS

Ekati mine

- The Ekati mine, Canada's first diamond mine, is located 310 kilometres northeast of Yellowknife and 200 kilometres south of the Arctic Circle.
- Harry Winston already owns a 40 per cent stake in the nearby Diavik mine, also in the Northwest Territories, in a joint venture with Rio Tinto.

In this file photo, a shopper passes the Harry Winston store in Beverly Hills, Calif. during the holiday season. The Toronto-based mining and retail company has agreed to buy BHP's diamonds operations, including its stake in the Northwest Territories' Ekati diamond mine. GETTY IMAGES FILE

GOOD NEWS TODAY

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IT'S THE END OF THE WORLD

JUST SAYIN'
Paul Sullivan
metronews.ca

Terrorists, earthquakes, hurricanes, blackouts, financial collapse, pandemic, nuclear fallout, oh my.

Not to mention the end of the world, which is even closer than Christmas: Dec. 21, according to most paranoid interpretations of the Mayan calendar.

All these threats, real or imagined, have spawned a new generation of survivalists called "preppers." And, of course, they have their own reality-TV show: Doomsday Preppers, the most watched show on the National Geographic Channel.

(Have you noticed a trend? Cable channels like The Learning Channel, the History Channel, the Outdoor Life Network, and now, sadly, the National Geographic Channel, start off all high-minded, but inevitably deteriorate into a trailer-park farce of bounty hunters, repo men, hoarders, flea-market hucksters and, now, preppers.)

Stockpiling survivalist theories

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook.

Preppers are like hoarders with a clearly defined objective. They've got focus. Your average hoarder is an indiscriminate squirrel who stockpiles bottle caps or stuffed moose heads or — a classic — back issues of the National Geographic. Preppers, though, are preparing for a specific threat, real or imagined.

This week's featured prepper, Braxton Southwick of Salt Lake City (these guys are never from sane places like Minneapolis or Cleveland), is worried about a weaponized smallpox terrorist attack, so he's stockpiled 700 pounds of flour, 600 pounds of sugar, 800 pounds of wheat (it won't be a gluten-free apocalypse), plus water, gas, diesel fuel, biohazard suits, coal, charcoal, and eight chickens. Oh, and 14 guns so he can blast them bacteria to smithereens.

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook. Which means, naturally, that Iran is at this very moment developing an electromagnetic pulse weapon that will shut that grid down and 747s will fall from the sky, à la Revolution, that popular FICTIONAL show on NBC.

These people are not an isolated incident. A National Geographic survey shows 28 per cent of Americans know a prepper, and, of course, there are prepper networks. (Mad jingle music: Oh I'm a prepper, He's a prepper, She's a prepper, We're a prepper, Wouldn't you like to be a prepper too!)

The Southwicks are part of a seven-family prepper pod who hunker down, er, go on vacation together.

Of course, the really sad thing is that even though these people are crazy, it doesn't mean they're crazy. A lot of the eye-rolling stopped after Hurricane Sandy. Instead of being forced to curl up on soggy mattresses, preppers were high and dry with their stockpiles and backup generators.

The latest threat? The re-election of U.S. President Barack Obama, which apparently means the economy will collapse and your debit card will be worthless.

Better start stockpiling those bumper stickers that say: Don't Blame Me, I Voted For Mitt Romney.

Braxton Southwick and his daughter Rylee are seen as they prepare for a smallpox epidemic in West Jordan, Utah. NATIONAL GEOGRAPHIC CHANNEL

Picture-perfect parody

LANCE ARMSTRONG/TWITTER

TWITTER

Internet memes

Armstrong tweets pic and gets panned

Lance Armstrong posted the provocative photograph of himself posing with seven framed Tour de France winners' jerseys on Twitter.

"Back in Austin and just layin' around," Armstrong wrote Saturday to accompany the image of him laying on a sofa below the framed jerseys in the media and games room of his Texas home.

The picture caused a flood of comical memes poking fun at Armstrong for the tweet.

METRO

Other memes

- **Going Dutch.** Holland midfielder Mark van Bommel poked fun at both Armstrong and himself with his own tweeted picture, substituting out the victory yellow jerseys with yellow cards. Earlier this season, van Bommel, who now plies his trade at PSV Eindhoven, became the first player in Eredivisie history to pick up a yellow card in each of the first five match days of a Dutch top flight season.
- **Hall of shame.** Another photoshopped image circulating the twittersphere shows portraits of pro golfer Tiger Woods, former U.S. president Bill Clinton, former California governor Arnold Schwarzenegger and Canadian ex-sprinter Ben Johnson. Woods lost numerous sponsorship deals following revelations of extramarital affairs. Claims of infidelity have also hit Clinton and Schwarzenegger, while Johnson lost his Olympic 100-metre title due to doping.
- **What am I on?** Armstrong did a Nike commercial in 2001, where he responds to the question "What am I on?" with: "I am on my bike, busting my a– six hours a day" reinforcing his belief that his body is the only thing he needs to win. A parody has since appeared on YouTube with a voice-over saying Lance was on banned substances.

Urine and you're out

Photo-enhancing technology

In this humorous Photoshopped picture, Armstrong's jerseys are replaced with images of performance-enhancing drugs and other narcotics, and a picture of a urine sample.

The U.S. Anti-Doping Agency ordered Armstrong banned from cycling for life and stripped of his Tour de France titles. The International Cycling Union, which had originally supported Armstrong's fight, later agreed to wipe out Armstrong's record titles last month.

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@buzzbishop: Heeere chinooky nook nook nook. #yyc

@knightrocker87: RT IF U ROCK THIS WORLD AND TO HE– WITH THE HATERS!! #calgaryretweeter #yyc #haterssuck

@JamieSadlowski: Is the #FannyPack back in style? Seen 6 of them already in #YYC. #BellyPouch=Awesome.

@alannawidgiz: What I love about #yyc ~ seeing the mountains... #bliss

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Looking for a new career? You can be a professional YouTuber

Fame. If you can get noticed, you can make some cash off the video-sharing site

RITA POLIAKOV
scene@metronews.ca

Lilly Singh was supposed to be a lawyer. Or a psychiatrist. Or a TV sensation.

But not a YouTuber.

"When I was younger, YouTube didn't exist," said Singh, a 24-year-old based in Markham, Ont., with a psychology degree and a knack for editing videos. "I only properly started using YouTube four years ago."

About two years ago, Singh (known as Superwoman to her cyber fans) decided to post her first video — not for fame, but for fun. Now, she not only has more than 100,000 subscribers, but has created a career on the site.

And she's not alone.

Before 2005, there were few outlets for people like Singh.

Then the video-sharing site was formed by three former PayPal employees. In 2006, it was bought by Google Inc.

As more and more users started video blogging, the concept of a YouTuber was born.

Suddenly, those who could capture the attention of enough people could make money off the site.

According to Alhan Keser, a social media marketing expert, the process is fairly simple.

"After you get a certain number of views on your videos ... Google starts to share ad revenue with you," he said.

While this process has changed through the years, it served Singh well.

"Initially, before YouTube changed the format, they'd send certain people the opportunity to monetize individual videos (meaning videos can display ads)," she said.

"Now, everybody who makes content can monetize a video, but not everyone is an official YouTube partner," Singh added.

Success on YouTube is about video views. The more views, the greater chance of becoming a partner, which provides users with extra tools to succeed on the site.

"Don't get me wrong," Singh said. "I'm not balling off YouTube. I'm just barely sustainable."

While she may not be rich, the YouTuber has found her calling.

"My dad still thinks I'm going to be a lawyer till this day. I sat (my parents) down and I'm like, 'Listen. This is what I want to do, but I promise you I'll do it well,'" Singh said.

And she has.

Her videos, which range from skits about living in an Indian household to rants about the difficulties of working out — "What if there's little people that live in our boobs, and every time we do jumping jacks it's like an earthquake for them?" — often get more than 100,000 views.

"(YouTube) has allowed people to express themselves in a way that wasn't achievable before," she said.

Lilly Singh has found her calling. The 24-year-old has more than 100,000 subscribers on YouTube. SUBMITTED

Tips

Lilly Singh, or Superwoman, as she's known on YouTube, turned her videos into a full-time career. So how do you capitalize on the site's potential? Singh and social media marketing expert Alhan Keser, of Blue Fountain Media share some tips.

- **Make videos people want to watch.** "Unless you create content people keep coming back to, it's not going to happen. Just like any publication, you've gotta be creating content that's relevant to your following," Keser said.
- **Promote yourself.** "To get the views, a good way to start is to use the promoted videos option. You pay a small amount for your video to show up for certain searches," Keser said. YouTube's keyword tool can also help ensure viewers find your videos.
- **Don't mind the haters.** "You can not let (mean comments) get to you. You need to really love what you're going to do and commit to it. Above all, believe (in) what you're posting," Singh said.

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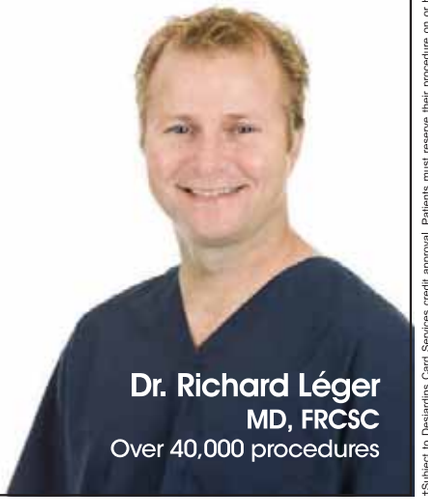

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Seven days, seven shows — all-access Rihanna

Upcoming album. Pop singer invites Metro along on tour as she prepares to release Unapologetic, her latest studio effort

KATARINA MATSSON
Metro World News

Today Rihanna's seven day tour starts — and Metro Sweden's reporter Katarina Matsson is joining her all the way.

"It will be the coolest thing I've ever done," Rihanna says.

Metro's reporter is part of a very exclusive crowd of the press and fans from all over the world that will board Rihanna's private plane in L.A.

"I'm so excited about the 777-tour. We will transform this jumbo jet into a tour bus. We will practically live in it for a week: Sleeping, partying, all together. Me, my fans, the press. ... It is going to be a wild ride." Rihanna says.

Quoted

"We will transform this jumbo jet into a tour bus. We will practically live in it for a week: Sleeping, partying, all together. Me, my fans, the press. ... It is going to be a wild ride."

Rihanna
Talking about her 777-tour

For seven days Metro will take you behind the scenes — in as many cities.

First stop is Mexico City and on Friday she performs in Stockholm.

Chris Brown will also be in Stockholm this weekend — rumour has it they are dating again, and Brown sings on one of the tracks of Rihanna's new album.

Rihanna is ready for the pace.

"I wanted this to become a rock 'n' roll-adventure, and when it is all over I believe it will be the coolest thing I've ever done," she says of the upcoming tour.

Rihanna is promoting her upcoming album Unapologetic. HANDOUT

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Robert Schwartzman: Doing whatever suits him artistically

Robert Schwartzman doesn't know where he is, artistically speaking that is. Geographically, he seems aware of his location.

He's in L.A., having just arrived home from Qatar, where he was working on a film shoot. He's about to leave for East Coast dates for his solo album, Double Capricorn.

But, artistically speaking, the musician/actor and Rooney frontman is floating — just a bit.

"I'm figuring out what I want to do with all this stuff," he says of acting, film scoring and the pop music he continues to record.

"In a good way! It's all over the place. I'm happy that it's not defined. I can play around with different things." Schwartzman insists that his power pop project — the band known as Rooney — are not disbanded, just on hiatus.

"I think of it like marrying your high school sweetheart. We were high school friends who formed a band and toured and experienced all these things together. We all reached a point where we were like, 'Let's take a second.' It seemed a healthy moment to collect ourselves."

Why not just take a break from music altogether?

"I don't know if I can. I can't get too far away from it," says Schwartzman. "Now I've had all this time to look at new opportunities — I've been pursuing that. I want to keep things fresh. I don't want same old-same old."

METRO BOSTON

Family discipline

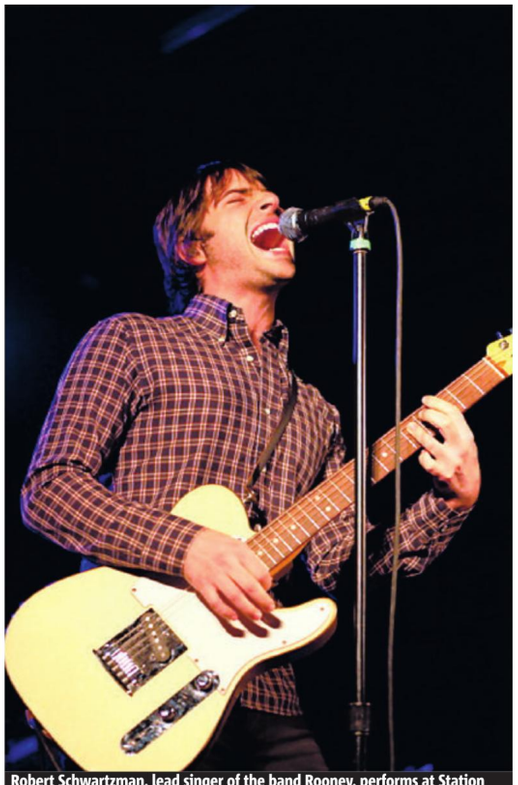
Robert Schwartzman had acting roles in cousin Sofia Coppola's The Virgin Suicides and The Princess Diaries.

His uncle is Francis Ford Coppola, older bro Jason is Wes Anderson's go-to guy, their mom is actress Talia Shire (The Godfather and Rocky) and his dad was a producer.

Yeah, he grew up in a showbiz family.

"From a bird's eye view, it looks like that. ... But I was all about music and movies. I love movies and acting, when the project is right. My mother would make us watch these great movies, force us to watch Clockwork Orange-style," Schwartzman jokes. "I couldn't close my eyes for three days."

More stories online at metronews.ca/scene



Robert Schwartzman, lead singer of the band Rooney, performs at Station Four club on February 6, 2011 in St. Paul, Minnesota. ADAM BETTCHER/GETTY IMAGES

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Stars shine even outside Twilight

IN FOCUS
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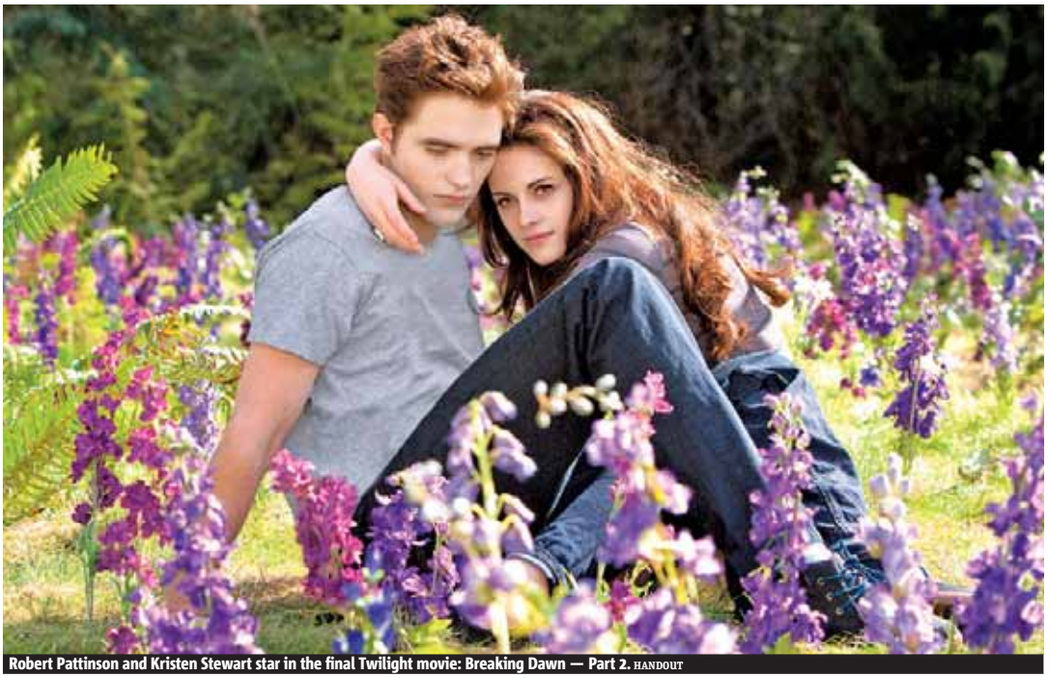

Robert Pattinson and Kristen Stewart star in the final Twilight movie: Breaking Dawn — Part 2. HANDOUT

For most people, Robert Pattinson and Kristen Stewart will always be the undead Romeo and Juliet of the Twilight series.

This weekend's The Twilight Saga: Breaking Dawn — Part 2 is their final bow as Bella and Edward, the last time we'll have to enjoy them complete with fangs and dreams of eternal love in the horror Harlequin series.

While the vampire movies contain their best-known roles, both have worked to establish themselves outside the Twilight universe.

Robert Pattinson struggled before beating out 3,000 others to land the role of 90-year-old vampire Edward Cullen. Labelled "the next Jude Law," he had small roles in several films, including Harry Potter and the Goblet of Fire, but a movie planned as his big breakout was a disappointment.

Cast as Reese Witherspoon's son in the 2004 drama Vanity Fair, his part was cut from the film for theatrical release. Not surprisingly, it was reinserted on the DVD once he became a household name. What is surprising is seven years later he played Witherspoon's lover in Water for Elephants.

Movies like the 9/11 drama Remember Me and the period piece Bel Ami haven't yet erased memories of his "fantastically beautiful, sparkly vampire," but he has five films lined up, including the thriller Hold on to Me opposite Oscar nominee Carey Muilligan, that he hopes will do the trick.

Best post-fang-banger role: Eric Packer, a 28-year-old billionaire money manager in Cosmopolis. The claustrophobic feel of the movie places a great deal of emphasis on Pattinson and he takes advantage of the up-close-and-personal cinematography to deliver a tricky performance that uses stillness to mask the boiling rage that exists beneath his stony veneer.

Kristen Stewart came to Twilight with a resume.

An actor since age eight, she had appeared in 17 films before perfecting Bella Swan's ennui-ridden eye roll. Despite saying, "I never wanted to be the centre of attention," she graduated from playing the Ring Toss Girl in The Flintstones in Viva Rock Vegas to substantial parts in Panic Room, opposite Jodie Foster, the Sean Penn-directed Into the Wild and headlining blockbusters like Snow White and the Huntsman.

Best post teen angst role: She brought her brooding Brando best to the role of Joan Jett in The Runaways, the true, tawdry tale of an underage all girl rock band — they billed themselves as genuine jailbait — spawned from the Sunset Strip's late 1970s seedy underbelly.

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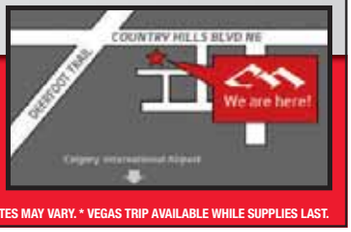

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Taylor Swift. ALL GETTY IMAGES

Taylor Swift doesn't want to wear the pants in a relationship

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do.

"If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar.

"It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Clock ticking on Bieber, Gomez getting back together?

While Justin Bieber fans are still in shock over his split from Selena Gomez, there might be good news for them on the horizon.

It appears the pair met up on the sly at the London Hotel in New York City this week, according to Hollyscoop.

Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard.

And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

Lohan ditches Walters interview to go on Leno

Barbara Walters

Barbara Walters is "disappointed" that Lindsay Lohan's new PR team canceled their planned 20/20 interview — especially now that Lohan has announced she'll sit down with Jay Leno for the Tonight show next week.

"I think to go on Jay Leno and be adorable and amusing, there's still all the problems," Walters says on The View, adding that her chat with Lohan "would have been a wonderful interview. She could have set a lot of things straight. I think it could have helped her."

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Metro World News

1 Lemurs in Madagascar

The world's fourth-largest island of Madagascar has unique and exotic flora and fauna that has evolved since it became isolated more than 160 million years ago, and its most iconic species is the lemur. There are more than 30 kinds of this cute primate living on the island. Stay at Vakona Lodge and you can go on expeditions into the local rainforests to find nocturnal and daytime lemurs including the Indri Indri, Diadem Sifaka and mouse lemur. The Lodge also has a private reserve on an island, which is home to black and white ruffed lemurs and eastern lesser bamboo lemurs that have been rescued from captivity. aardvarksafaris.com.

2 Kangaroos in Australia

Want to spot a kangaroo bouncing in the wild? The best place to find them is Kangaroo Island, South Australia, a short flight from the city of Adelaide. The island broke free from the mainland 10,000 years ago and there's even a unique sub-species of kangaroo there as well as the regular 'roos. A third of this island is preserved as a national conservation park, and it's a bit like a zoo without enclosures, with many of the country's native creatures roaming free, including wallabies, koalas and spiny short-beaked echidnas. You'll also find whales, dolphins, penguins and seals along its 500 kilometres of shimmering coastline. southaustralia.com

3 Leopards in South Africa

For the best sightings of leopards languishing in the trees, the best place is Sabi Sand, the oldest private reserve in South Africa and home to a huge wealth of Africa's most exciting animals, including lions, cheetahs, giraffes and, of course, leopards. It's also the setting for some of the country's most glamorous lodges. Their expert trackers will take you by four-by-four to hunt down leopards to shoot — with your camera, of course. For a honeymoon, stay at a lodge in the Singita Sabi Sands concession, where you can recover in plush surroundings after getting up at 5 a.m. to look for leopards. singita.com

4 Pandas in China

Remember those adorable pandas you saw on the news when they were relocated after the huge earthquake in Sichuan province in 2008? All 18 of them have just returned to eat their bodyweight in bamboo at the Wolong Nature Reserve, 100 kilometres from Chengdu city, where they live in large, newly-rebuilt enclosures. You can hold panda babies and spend a couple of days volunteering to look after them there or at Bifengxia Panda Reserve where the Wolong pandas stayed after the quake. It's only a two hours drive from Chengdu, and visitors can see adult and baby pandas in an enclosure as well as explore the reserve's stunning landscape. thechinaguide.com

5 Orangutans in Borneo

Love a flaming redhead? Then you probably love orangutans. You can find them in the wild and in rehabilitation centres in the Malaysian island of Borneo. The best place to track them down is by following one of the trails in the Danum Valley Conservation Area or by boat along the Kinabatangan River at the Kinabatangan Wildlife Sanctuary in Sabah, where you'll also see crocodiles, proboscis monkeys and elephants. The shaggy beasts also roam free at the rehabilitation centre in Kubah National Park in Sarawak, and you can join a ranger on a jungle tour to visit them. tourism.gov.my

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Soak up the sun in Portugal's Azores

Stunning views.
Set in the middle of the Atlantic with a subtropical climate, this is the place to hit up this winter

REBECCA FINKEL
life@metronews.ca

You can be forgiven for never having heard of the Azores. On the travel shelves of most bookstores, titles will skip straight from Australia to the Bahamas. But this tiny archipelago in the middle of the Atlantic is overdue to become a destination for travellers seeking unspoiled subtropical terrain that wears its history on its sleeve.

What to see

The first thing you'll notice is the many shades of Azorean blue: the clear sky, the persistently blooming hydrangeas and morning glories, and the deep turquoise ocean stretching undisturbed for more than a thousand miles in all directions. Each island has its own geographical marvels, such as the 7,713-foot-high dormant volcano that gives Pico Island its name and the hikeable lava tunnels beneath, as well as the steaming hot springs in Sao Miguel.

What to do

Because of the variety of terrain, there's plenty to do, from hiking to scuba diving. If you're drawn to the water, the Azores has plenty of public swimming areas carved into the craggy basalt shoreline. And this former whaling capital now draws some of the Atlantic's best whale and dolphin watching. With nine islands to explore, it helps to consult a company that customizes tours to your interests and abilities. We like Picos de Aventura (picosdeaventura.com) in Ponta Delgada and A-Abegoaria (a-abegoaria.com), serving the island of Pico.

What to eat

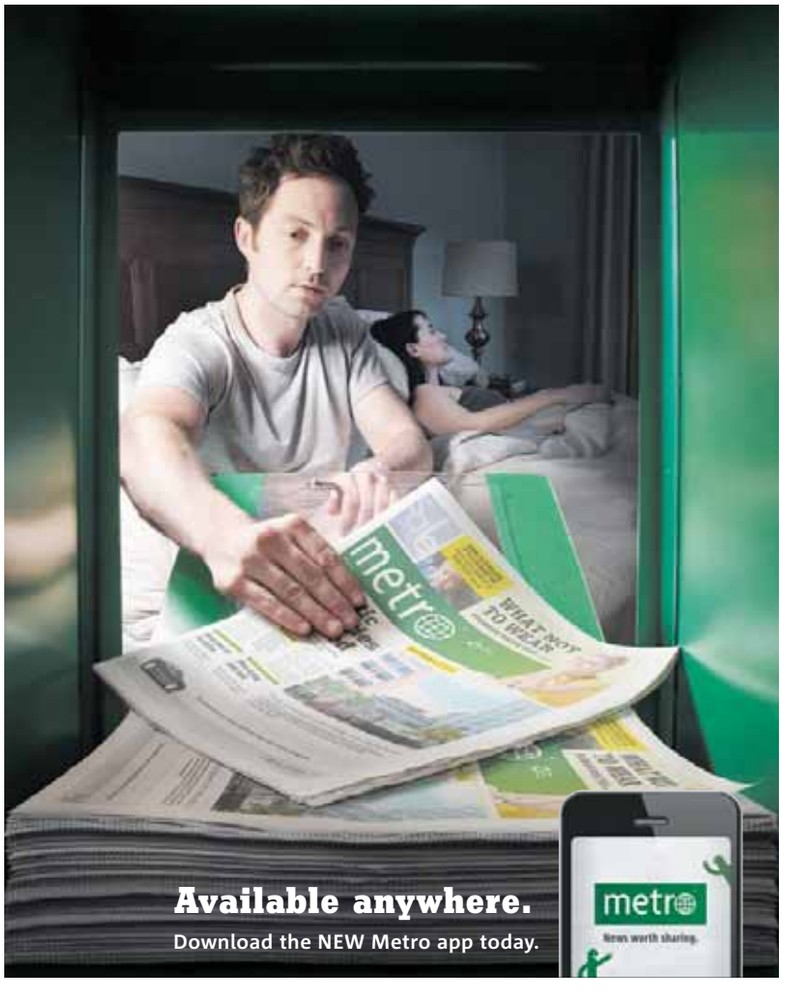
"Meat or fish?" is often the question come dinnertime. Because of its location, seafood is the centrepiece of many Azorean menus. But beef from the island's free-roaming cattle is also a good bet. Some of the best restaurants are tiny, side-street cafés, where the prato do dia (dish of the day) and a glass of local wine will only set you back five euros.

Where to stay

Aldeia da Fonte's rambling seaside property includes a private seaside bathing area, a spa and an old whaling lookout tower. Be sure to enjoy a glass of local vino verdelho at the lovely outdoor bar (aldeiadafonte.com).

These horses enjoy the views the Azores offers. MWN

Azores — an escape from the winter. MWN



Easter Island still full of mysteries for visitors

Tricky travels. The moai statues aren't the only enigma on this remote outpost — try booking a hotel and planning a trip

From its famed giant stone statues to finding a good, affordable hotel, Easter Island is full of mysteries.

There are ancient questions, like how the statues were transported, and why the island lost its trees. And there are modern puzzles, like what $1,600 a night will get you in a hotel and why roads aren't better marked for visitors touring the island.

Perhaps it's fitting that riddles still exist on the most remote inhabited island on earth — a Chilean territory in the South Pacific, 3,700 kilometres to the west of the South American continent.

A recent issue of National Geographic magazine outlined six different theories on how a people with no wheel and no draft animals were able to move massive statues weighing up to 90 metric tons as much as 18 kilometres across the island.

Upon arriving, visitors are greeted in the Polynesian tradition with flower leis, then given a brief tour of the town of Hanga Roa, home to most of the island's 5,500 residents.

With more than 50,000 visitors a year, the island is home to an assortment of restaurants, car rental agencies, markets, souvenir stores, watersport shops and small hotels, and since everything is imported to the island, prices are high.

It can be a challenge to plan a trip to Easter Island. Little independent information is available online, and Easter Island, or Rapa Nui as the locals call it, is but a few pages in most guidebooks. Most hotels appear spartan, while the luxurious and all-inclusive Explora is $1,600 a night. A new option, the waterfront Hangaroa Eco Village & Spa, rings in at $550 a night.

A tour takes visitors around the 163-square-kilometre island, introducing them to the moai statues. Although they are often referred to as heads, they are in fact whole-body carvings made by descendants of the first Polynesian settlers hundreds of years ago. Just what they represent and why they were toppled in the century after the first European explorers arrived in 1721 is another unknown.

Fewer than 50 of the statues have been re-erected by archeologists, and the most impressive of these is a site where 15 colossal moai stand on a ceremonial platform more than 213 metres long. Just down the road is the National Park of Rano Raraku, the quarry where the moai were carved. A path winds among the 400 statues, completed to varying degrees. Whatever their reason, there is no doubt that workers stopped ahead of schedule, leaving a stone graveyard to what was once a sophisticated civilization.

THE ASSOCIATED PRESS

Fifteen moai stand watch at Tongariki on Easter Island. THE ASSOCIATED PRESS

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Skip the store-bought stuff and make the quintessential fall treat at home

Did you know that small "pie" pumpkins are now available at many farmers markets so you can savour locally grown harvest flavour?

Start the savouring with this recipe, but be careful not to overbake it or the filling will dry out and crack.

Ingredients

- 1 small pie pumpkin
- 2 eggs
- 50 ml (1/4 cup) granulated sugar
- 45 ml (3 tbsp) brown sugar
- 7 ml (1 1/2 tsp) ground cinnamon
- 5 ml (1 tsp) ground ginger
- 1 ml (1/4 tsp) grated nutmeg
- 1 ml (1/4 tsp) salt
- 22 ml (1 1/2 tbsp) brandy (optional)
- 150 ml (2/3 cup) 35 per cent whipping cream
- 23-cm (9-inch) pie crust, partially baked in advance

1. Preheat oven to 180 C (350 F). Then cut pumpkin in half; scrape away seeds and fibre and place cut side down on an oiled baking sheet. Cover with foil and bake until very tender. Timing will vary from 35 minutes to more than an hour depending on the size and density of the pumpkin. Let pumpkin cool, then remove peel and mash until very smooth. If you wish, force puree through a fine-meshed sieve for extra smooth texture. Let cool and refrigerate. Set aside 375 ml (1 1/2 cups) pumpkin puree for this 23-cm (9-inch) pie; any extra can be frozen for future use.

2. In a large bowl, using an electric mixer on medium speed or with a whisk, beat eggs and both sugars together until combined and smooth and pale in colour. Add pumpkin, cinnamon, ginger, nutmeg and salt. With electric mixer or using a wooden spoon, stir to combine. Fold in cream and brandy, if using.

3. Place pie plate lined with partially baked pastry shell on a baking sheet. Fill with pumpkin mixture. Bake in a 180 C (350 F) oven until pastry is golden and filling is just set, 40 to 45 minutes. Let stand for 10 minutes.

4. Serve at room temperature or chilled, perhaps with a spoonful of sweetened vanilla or brandy-flavoured whipped cream on the side.

THE CANADIAN PRESS/ ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE, 2009)

The Best Pumpkin Pie

This recipe serves six. THE CANADIAN PRESS HANDOUT

Drink of the Week

Cold Pumpkin Pie Cocktail

Pumpkin pie is the perfect fall treat. This delicious drink pays homage to it with tasty vanilla vodka and Baileys Irish Cream.

- 2 oz vanilla vodka
- 1/2 oz pumpkin spiced syrup
- 3/4 oz lemon juice
- 1/2 oz Baileys Irish Cream
- 1/4 oz Frangelico

Shake all of the ingredients hard and strain them into a cocktail glass. Garnish the top with a dash of cinnamon.

METRO WORLD NEWS/ COLIN MAXWELL, ABE & ARTHUR'S IN NEW YORK

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Pumpkin Almond Cookies. Pair them with coffee or a cup of hot chocolate

These airy cookies are the perfect match to a cup of hot chocolate or coffee.

Their texture is tender and muffin-like but for an even crispier exterior, use all brown sugar and bake for a few minutes longer.

1. In a medium bowl, mix together the flour, baking soda, salt, nutmeg and cinnamon; set aside.

2. In the large bowl of an electric mixer, cream together the butter, almond butter, sugar and brown sugar until the mixture is light and fluffy.

3. Add egg, pumpkin puree and vanilla and mix until just combined. On medium-low speed, add the flour mixture until it is all fully incorporated. Remove the bowl from the mixer and stir in the almonds and chocolate chips.

4. Drop teaspoonfuls of cookie mix onto a greased or lined cookie sheet and flatten slightly with the back of a spatula. Bake in a 180 C (350 F) oven for 15 minutes or until lightly browned. Transfer the cookies to a wire rack to cool completely.

THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA

This recipe makes six dozen cookies. THE CANADIAN PRESS H/O

Ingredients

- 625 ml (2 1/2 cups) flour
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) cinnamon
- 125 ml (1/2 cup) each butter and almond butter
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) reduced pumpkin puree (reduce in a pan over medium heat, stirring frequently, for at least an hour, until colour becomes a deep brown)
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) diced almonds, toasted
- 250 ml (1 cup) chocolate chips

Student voice

A rough go after graduation

Harmanmeet Garg
Graduate, Computer networking
Humber College
TalentEgg.ca

I came to Canada as an international student and studied computer networking at Humber College in Toronto. Then I moved to Winnipeg to settle and get permanent residency because it's easier to get permanent residency in Manitoba than in Ontario.

When I graduated, I applied for lots of jobs and I am still applying — every day I apply for 20 to 25 jobs online, and on weekends I hand out my resumés at stores.

I have the computer knowledge, excellent mathematical, data entry, multitasking and interpersonal skills, and I am hard-working, but I have received no replies to my applications.

What I'm doing now

I am working full-time at Wendy's, where I am doing my best to get promoted because I don't want to work on a grill dropping meat patties for $10 an hour. I respect every job and profession, but it's not my career interest. Plus, I am only earning about $1200 per month and I need money to pay back my student loan. I am well qualified and I do my best in a job, so I am trying to get a job with a good salary in a good company.

My advice for students

My advice is choose what you study according to your interests and study hard, because when you graduate it matters a lot how well you studied.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE.

The pink slip can be a colourful second chance

Grin after the goodbye. How to bounce back from a surprise layoff

JULIA WEST
life@metronews.ca

This hurts — but if you didn't actually love the job, now is a good time to do some thinking. ISTOCK

No matter how many stories you hear about downsizing and layoffs, you're never quite prepared when you're the one losing a job. There's nothing wrong with being shaken and shocked by the initial blow — it's all about how you get back on your feet that will make the difference in your career's trajectory.

Before you start feverishly editing your resumé and obsessing over job sites, take some time to process what happened.

Ricky Cohen, author of Risk to Succeed, suggests taking three weeks before making any big moves.

"During the first week a person should mourn his or her loss," explains Cohen. "The second week should be dedicated to an objective evaluation of where he stands, the lessons learned and the future opportunities. The third week should be one where a plan is developed with the components to ensure the greatest possibility of success."

During this time of reflection, it's a good idea to think about what excites you. If you're going to redirect the path of your career, now is a great time to do so.

"Ask yourself what you really want to do," says Josh Tolan, CEO of Spark Hire.

"Have you just stayed at your job because it was a steady paycheque or because you really loved what you were doing day in and day out? If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."

When the time comes for you to start applying for a new position, try to remain positive.

"Attitude is everything during the job search," says Amit De, CEO and co-founder of Careerleaf.

"An unexpected layoff is certain to start a job search off in a less-than-positive direction. As a job seeker, it's important to remain positive, confident and prepared."

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DETERMINE YOUR RISK

CANRISK QUIZ CAN HELP PREDICT YOUR ESTIMATED RISK OF TYPE 2 DIABETES

ISTOCKPHOTO/THINKSTOCK

It's a little known fact that more than one million Canadians who are living with type 2 diabetes don't even know they have it, and many others are at risk of developing it.

Thanks to an easy 11-step Canadian Diabetes Risk (CANRISK) questionnaire that takes mere minutes to complete online, you can learn your estimated risk of developing pre-diabetes or type 2 diabetes.

"Knowing your risk can help you make healthy choices now that will reduce your risk of developing diabetes," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Type 2 diabetes, the most common form of the disease, develops when your pancreas doesn't produce enough insulin or your body doesn't properly use the insulin it makes. The number of Canadians with type 2 is increasing rapidly due to several factors, including an aging population, rising obesity rates and more sedentary lifestyles.

Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes. And almost 80 per cent of new Canadians come from populations that are at higher risk for type 2 diabetes, including those of Hispanic, Asian, South Asian and African descent.

The CANRISK questionnaire will ask about important risk factors for diabetes, including your age, gender, family history, nutrition choices and ethnicity. You will also need to know your height, weight and waist measurement. The results are for your information only and confidential; the information is automatically deleted when you close out of the questionnaire.

While the questionnaire is targeted mainly at adults between the ages of 40 and 74, it may also benefit younger people with apparent risk factors.

For example, if the results indicate a high estimated risk, making certain healthy lifestyle changes — such as increasing exercising, eating more low-fat foods, fibre and fruit, and quitting smoking — can reduce the risk.

Throughout the year, Shoppers Drug Mart pharmacies hold CANRISK screening days. "We really want to encourage the public to reach out to their Shoppers Drug Mart pharmacists in the pharmacies and online," Wang says.

To complete the CANRISK questionnaire, visit canrisk.shoppersdrugmart.ca. If you don't have a computer, ask your Shoppers Drug Mart pharmacist to print a paper version for you.

– Jane Doucet

CDE'S ARE A VALUABLE RESOURCE

A certified diabetes educator (CDE) is a trained health-care professional who can help Canadians manage every aspect of their diabetes care, whether you were recently diagnosed or you have lived with diabetes for years.

In addition to advising you on blood-glucose monitoring, a CDE can provide information about diabetes medications and develop healthy-eating and physical-activity plans tailored to your specific needs.

"Shoppers Drug Mart has 450 pharmacists across Canada who are certified diabetes educators," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Because the number of Canadian adults being diagnosed with type 2 diabetes is rising rapidly, there are often weeks-long waiting lists for patients to get an appointment at diabetes centres or clinics.

BANANASTOCK/THINKSTOCK

"In those cases and for ongoing care, Shoppers Drug Mart pharmacists and CDEs are a great resource," Wang says. "They can bring so much awareness to help people manage their diabetes, and they sometimes can take appointments the same day or in a day or two."

A CDE can set aside the time to meet with a diabetes patient in a private counselling area of the pharmacy. He or she might administer an A1C blood test (a marker to indicate how well your diabetes is being managed over a three-month period) or answer questions about whether certain over-the-counter medications are safe to take.

If you don't understand something about your diabetes care, keep asking questions until the information is clear. For example, if you are prescribed a medication for the first time, make sure you ask your pharmacist what its purpose is and when you should take it.

It's important for Canadians to know that they can take advantage of the wide range of support that's available through the wide array of health-care professionals in their communities. "All Shoppers Drug Mart pharmacists have the knowledge to take care of Canadians with diabetes, but CDEs have additional training," Wang says.

Talk to your Shoppers Drug Mart pharmacist about booking an appointment with a certified diabetes educator. For more information about CDEs, visit shoppersdrugmart.ca.

– Jane Doucet

SHOPPERS DRUG MART A1C CLINICS

The A1C is a test that shows the average level of blood sugar (glucose) over the previous three months. It also indicates how well you are controlling your diabetes. The higher the A1C level is above target, the poorer the blood-sugar control and the higher the risk of diabetes-related complications, such as kidney and nerve damage and vision loss.

Shoppers Drug Mart pharmacies across Canada hold A1C clinics throughout the year to help people with diabetes better manage their health.

"If you've missed a clinic but you would like to have an A1C test, ask your Shoppers Drug Mart pharmacist if he or she can administer it," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Want to take control of your diabetes?

Our Pharmacists can offer the resources and support to help.

Visit your local Shoppers Drug Mart Pharmacy today to speak to a Pharmacist about taking charge of your health.

You can also speak with one of our Certified Diabetes Educators who can help you better understand and manage your condition, diabetes medications and more.

To find a Certified Diabetes Educator at the location nearest you, visit **shoppersdrugmart.ca/locator**.

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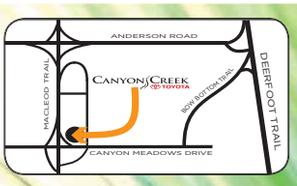

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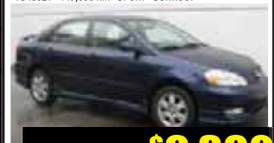

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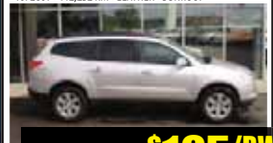

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NFL

Injury questions surround 'Big Ben'

Ben Roethlisberger left Heinz Field on Monday night with his sprained right shoulder in a sling. When he walks back in ready to play is anybody's guess.

Steelers coach Mike Tomlin called Pittsburgh's quarterback "questionable" but otherwise offered little detail Tuesday, less than 24 hours after Roethlisberger was pounded into the ground by Kansas City linebackers Tamba Hali and Justin Houston in Pittsburgh's 16-13 win.

"He is being evaluated," Tomlin said. "Obviously this injury puts his participation in the questionable category for this week."

THE ASSOCIATED PRESS

NBA

Raps show resolve in Indianapolis

The Toronto Raptors had all of the excuses in the world. The Indiana Pacers, on the other hand, didn't.

Jose Calderon scored with 4:05 left in the first quarter to give Toronto a 19-17 lead and the Raptors led the rest of the way, holding on to beat the Pacers 74-72 on Tuesday night to snap a four-game skid on the second night of a back-to-back. DeMar DeRozan scored 15 points and Calderon had 13 points, 10 rebounds and 10 assists as Toronto had a franchise-low five points in the fourth quarter.

The Raptors lost to the Utah Jazz 140-133 on Monday and arrived in Indianapolis at 3 a.m. before playing the Pacers. THE CANADIAN PRESS

Toronto's Jose Calderon shoots over George Hill on Tuesday. GETTY IMAGES

New CBA stalled by owners' complacency, Crosby says

Sidney Crosby listens to a reporter's questions after an informal workout on Oct. 11 in Canonsburg, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS FILE

NHL. Pens' superstar centre frustrated by league's hard-line stance

Sidney Crosby says it takes two to tango.

The Pittsburgh captain stood by his comments voicing frustration Tuesday at the lack of movement in negotiations on a new collective bargaining agreement between the NHL and the NHLPA.

And Crosby pointed the finger squarely at the owners.

"I don't think there's much negotiating going on. I think as far as the proposals are concerned it's just kind of at a standstill right now," Crosby told reporters after skating in Pittsburgh. "I think that we've made steps to show that we're willing to negotiate.

"I don't think that's really happening on the other side."

Talks between the NHL and the NHLPA to end the lockout stalled again over the weekend. No bargaining sessions are planned and Crosby says players feel like they're negotiating with an unwilling partner.

"The desperation to play doesn't really seem like it's on their side. I think there's a deal to be made (but) I think negotiations have to be made if there's going to be a deal," he said. "If it keeps going like this, everybody's going to lose, there's no way around it.

"Everybody's going to lose."

NHLPA special counsel Steve Fehr told a panel in Toronto on Monday that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

Those issues particularly irked Crosby and he reiterated those feelings Tuesday.

"Guys aren't going to give in when it comes to contract stuff. It's not going to happen," Crosby said. "It's ridiculous to try to change that after the success the league and everybody's had here the last seven or eight years."

THE CANADIAN PRESS

Quoted

"It doesn't have anything to do with (money), it's the rights of players within your profession, so that's what I think guys are definitely going to stand strong on."

Sidney Crosby

Lines in the sand

Still holding out hope

The owners locked out the players in mid-September and all games up to Nov. 30 have been cancelled.

The Winter Classic outdoor game that was scheduled for Jan. 1 has also been axed.

It is believed a deal would need to be struck early next week for a shortened season to begin on Dec. 1.

"It's tough when you want to play hockey and I don't think the other side really takes that serious. They're able to do that, that's not their livelihood," Sidney Crosby said.

Despite his frustration, Crosby is reserving judgment on whether there will be a 2012-13 NHL season.

"I'd like to think that everyone will find a way to make it work. That's really what it boils down to, everyone finding a way to make it work," he said. "It's a bit of give and take and that hasn't really happened yet." THE CANADIAN PRESS

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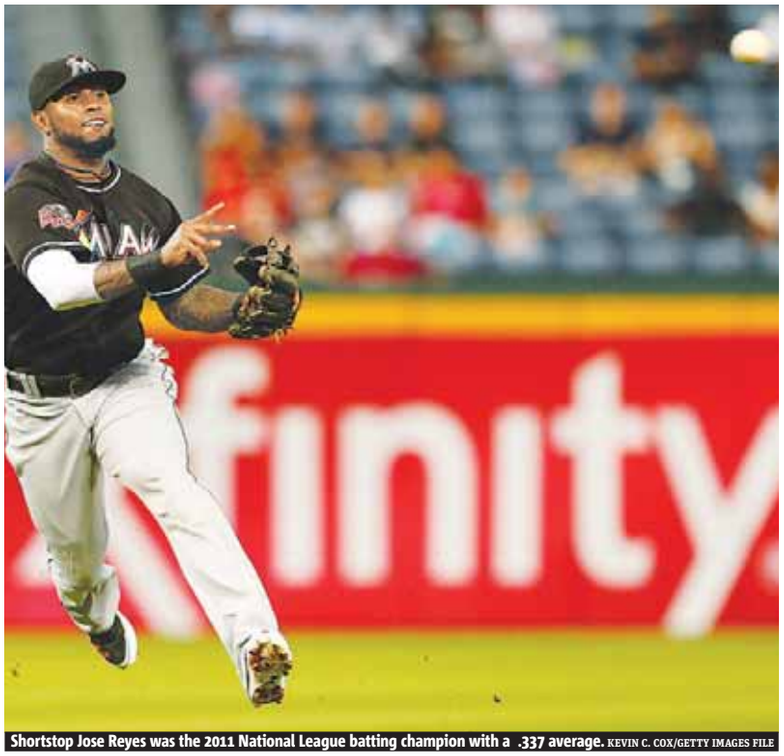

Shortstop Jose Reyes was the 2011 National League batting champion with a .337 average. KEVIN C. COX/GETTY IMAGES FILE

Blue Jays brass shows willingness to make the big deal

MLB. Blockbuster trade with Marlins will be defining moment of GM Anthopoulos's tenure in Toronto

By the numbers

$163M

With the trade, the Blue Jays take on more than $163 million in guaranteed salary for just four players over the next five years.

At Major League Baseball's all-star game in July, Jose Bautista — the Blue Jays' lone representative — lamented how general manager Alex Anthopoulos had not done enough to make the Jays competitive in the AL East.

On Tuesday night, Bautista was singing a very different tune.

"Its a good day to be a blue-jay!" he tweeted, as reports of a blockbuster trade between the Jays and the Miami Marlins rapidly circulated online.

Though no official announcement had been made at press time, the Jays and Marlins reportedly swapped a total of 13 players, with Toronto acquiring four-time all-star shortstop Jose Reyes, veteran starting pitchers Josh Johnson and Mark Buehrle, as well as John Buck and Emilio Bonifacio, in exchange for young right-hander Henderson Alvarez, shortstops Yunel Escobar and Adeiny Hechavarria, catcher Jeff Mathis and a trio of top-ranked prospects — Jake Marisnick, Justin Nicolino and Anthony DeSclafani.

The trade dramatically alters the Jays' 2013 roster, instantly improves their starting rotation and pushes their annual payroll into the upper echelons of the league.

On Tuesday night, as details of the trade spread wildly on Twitter, there was only excitement among Jays' players and fans.

"Can't wait to hear the magic words…IT'S OFFICIAL," tweeted Jays' closer Casey Janssen, echoing the sentiments of Bautista and many Jays fans. TORSTAR NEWS SERVICE

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CFL. Three Stamps players earn weekly awards

Calgary Stampeders quarterback Drew Tate has been named the CFL's offensive player of the week for his resilient performance in the West Division semifinal.

Tate completed 22-of-36 passes for 363 yards and two touchdowns in the Stampeders' 36-30 win over the Saskatchewan Roughriders on Sunday.

Tate sparked the winning drive with less than one minute remaining in the game, throwing a 68-yard touchdown pass to Romby Bryant that sealed the victory for the Stampeders.

Tate kept his focus in the game after getting his "bell rung" in the first half on a helmet-to-helmet hit that sparked fears the quarterback may have suffered a concussion.

Calgary teammates Keon Raymond and Jon Cornish were named top defensive player and top Canadian, respectively.

Toronto receiver/kick returner Chad Owens won the special teams award for his role in the Argonauts' 42-26 win over Edmonton in the East semifinal.

THE CANADIAN PRESS

Calgary Stampeders quarterback Drew Tate THE CANADIAN PRESS

NBA

Knicks remain unbeaten

Carmelo Anthony scored 25 points, and J.R. Smith and Raymond Felton each added 21 as the New York Knicks held off the Orlando Magic 99-89 Tuesday night to improve to 5-0.

The victory extended New York's NBA-best start. The Knicks have won their first five games for the first time since opening the 1993-94 season 7-0 before reaching the NBA finals.

The Knicks remain the league's only unbeaten team.

J.J. Redick scored 18 points and Arron Afflalo added 13 for the Magic, who were stunted by 20 turnovers that led to 24 New York points.

THE ASSOCIATED PRESS

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	5	0	1.000	—
Miami	6	2	.750	1/2
Milwaukee	4	2	.667	11/2
Brooklyn	4	2	.667	11/2
Philadelphia	4	3	.571	2
Chicago	4	3	.571	2
Boston	4	3	.571	2
Atlanta	3	3	.500	21/2
Charlotte	3	3	.500	21/2
Indiana	3	5	.375	31/2
Orlando	2	5	.286	4
Toronto	2	6	.250	41/2
Cleveland	2	6	.250	41/2
Washington	0	6	.000	51/2
Detroit	0	8	.000	61/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	6	1	.857	—
Oklahoma City	6	2	.750	1/2
L.A. Clippers	5	2	.714	1
Memphis	5	1	.833	1/2
Minnesota	5	2	.714	1
New Orleans	3	2	.600	2
Dallas	4	4	.500	21/2
Phoenix	4	4	.500	21/2
Utah	4	4	.500	21/2
Denver	4	4	.500	21/2
Golden State	3	4	.429	3
Houston	3	4	.429	3
L.A. Lakers	3	4	.429	3
Sacramento	2	5	.286	4
Portland	2	5	.286	4

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Tuesday's results
Toronto 74 Indiana 72
New York 99 Orlando 89
Charlotte 92 Washington 76
Brooklyn 114 Cleveland 111
Portland 103 Sacramento 86
San Antonio at L.A. Lakers
Monday's results
Utah 140 Toronto 133 (3OT)
Milwaukee 105 Philadelphia 96
Oklahoma City 92 Detroit 90
Miami 113 Houston 110
Boston 101 Chicago 95
Minnesota 90 Dallas 82
Phoenix 110 Denver 100
Atlanta 95 Portland 87
Sunday's results
Brooklyn 82 Orlando 74
L.A. Clippers 89 Atlanta 76
Memphis 104 Miami 86
Oklahoma City 106 Cleveland 91
L.A. Lakers 103 Sacramento 90
Wednesday's games — All Times Eastern
Detroit at Philadelphia, 7 p.m.
Utah at Boston, 7:30 p.m.
Charlotte at Minnesota, 8 p.m.
Memphis at Oklahoma City, 8 p.m.
Indiana at Milwaukee, 8 p.m.
New Orleans at Houston, 8 p.m.
Washington at Dallas, 8:30 p.m.
Chicago at Phoenix, 9 p.m.
Miami at L.A. Clippers, 10:30 p.m.
Atlanta at Golden State, 10:30 p.m.
Thursday's games
Boston at Brooklyn, 8 p.m.
New York at San Antonio, 8:30 p.m.
Miami at Denver, 10:30 p.m.

RAPTORS 74 PACERS 72

TORONTO (74)
McGuire 1-1 0-0 2, Bargnani 3-13 0-0 8, Valanciunas 4-8 1-2 9, Calderon 5-10 1-1 13, DeRozan 5-13 5-6 15, A.Johnson 2-9 3-4 7, Kleiza 2-9 6-6 10, Lucas 1-3 0-0 3, Davis 0-1 0-0 0, Ross 3-5 0-0 7. Totals 26-72 16-19 74.
INDIANA (72)
George 3-14 4-4 12, West 3-12 5-8 11, Hibbert 3-9 0-0 6, Hill 8-20 2-2 18, Stephenson 3-6 0-0 7, Green 2-7 1-2 6, T.Hansbrough 0-2 5-6 5, Mahinmi 1-3 1-2 3, Augustin 1-2 1-1 4. Totals 24-75 19-25 72.

Toronto	**29**	**17**	**23**	**5**	**—74**
Indiana	**21**	**15**	**22**	**14**	**—72**

3-Point Goals—Toronto 6-12 (Calderon 2-2, Bargnani 2-6, Lucas 1-1, Ross 1-1, Kleiza 0-1, A.Johnson 0-1), Indiana 5-15 (George 2-6, Augustin 1-1, Stephenson 1-2, Green 1-2, Hill 0-4). Fouled Out—None. Rebounds—Toronto 51 (Calderon 10), Indiana 55 (George, Hibbert 9). Assists—Toronto 13 (Calderon 10), Indiana 14 (George 4). Total Fouls—Toronto 23, Indiana 16. Technicals—Kleiza, Toronto defensive three second, Indiana defensive three second. A—11,947 (18,165) at Indiana.

CFL

PLAYOFFS

DIVISION SEMIFINALS
Sunday's results
East Division
Toronto 42 Edmonton 26
West Division
Calgary 36 Saskatchewan 30
DIVISION FINALS
Sunday, Nov. 18 — All Times Eastern
East Division
Toronto at Montreal, 1 p.m.
West Division
Calgary at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto — East vs. West Winners, 6 p.m.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS
(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. HOUSTON
(Houston leads series 3-1)
Sunday's result
Houston 3 D.C. 1
Sunday, November 18 — All Times Eastern
Houston at D.C., 3 p.m.

WESTERN CONFERENCE

SEATTLE VS. LOS ANGELES
Sunday's result
Los Angeles 3, Seattle 0
Sunday, November 18
Los Angeles at Seattle, 9 p.m.

AHL

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	11	7	3	0	1	32	21	15
Worcester	13	6	5	1	1	35	42	14
Portland	11	5	4	1	1	41	37	12
St. John's	13	6	7	0	0	27	39	12
Providence	11	4	6	0	1	23	31	9

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	11	8	1	0	2	40	17	18
Bridgeport	11	8	3	0	0	38	34	16
Connecticut	12	5	6	1	0	40	45	11
Adirondack	11	5	6	0	0	26	33	10
Albany	11	3	5	0	3	22	28	9

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	11	7	2	1	1	38	32	16
Norfolk	12	7	5	0	0	39	38	14
Binghamton	11	5	4	1	1	26	30	12
W-B/Scranton	12	6	6	0	0	31	29	12
Hershey	12	5	6	1	0	31	32	11

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Lake Erie	13	9	4	0	0	46	37	18
Abbotsford	11	7	1	1	2	37	20	17
Toronto	12	7	4	0	1	39	36	15
Rochester	12	7	4	1	0	45	39	15
Hamilton	10	4	4	1	1	22	31	10

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	13	7	4	1	1	46	41	16
Chicago	12	7	4	1	0	34	37	15
Milwaukee	12	6	6	0	0	34	34	12
Rockford	12	5	6	0	1	35	39	11
Peoria	12	2	7	2	1	22	45	7

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	13	9	3	0	1	50	32	19
Houston	14	6	5	1	2	52	48	15
Oklahoma City	13	6	5	1	1	38	42	14
San Antonio	11	4	6	0	1	27	34	9
Texas	11	4	6	0	1	24	37	9

Tuesday's results
Houston 7 San Antonio 5
Toronto 6 Oklahoma City 5 (OT)
Lake Erie at Abbotsford
Monday's result
Norfolk 5 Albany 4 (SO)
Wednesday's games — All Times Eastern
Adirondack at Manchester, 10 a.m.
Rochester at Hamilton, 10 a.m.
Worcester at Portland, 7 p.m.
Springfield at W-B/Scranton, 7:05 p.m.
Peoria at Rockford, 8:05 p.m.
Lake Erie at Abbotsford, 10 p.m.
Thursday's game
San Antonio at Texas, 8:30 p.m.
Friday, Nov. 16
Albany at St. John's, 1:30 p.m.
Portland at Connecticut, 7 p.m.
Adirondack at Binghamton, 7:05 p.m.
Bridgeport at W-B/Scranton, 7:05 p.m.
Manchester at Providence, 7:05 p.m.
Abbotsford at Rochester, 7:05 p.m.
Springfield at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Toronto at Hamilton, 7:30 p.m.
Grand Rapids at Lake Erie, 7:30 p.m.
Milwaukee at Oklahoma City, 8 p.m.
Houston at Rockford, 8:05 p.m.
Chicago at Peoria, 8:05 p.m.
Charlotte at San Antonio, 8:30 p.m.

TRANSACTIONS

MLB

CHICAGO CUBS — Agreed to terms with RHP Scott Baker on a one-year contract.
LOS ANGELES DODGERS — Named Chuck Crim bullpen coach, Ken Howell assistant pitching coach and John Valentin assistant hitting coach.
PHILADELPHIA PHILLIES — Agreed to terms with INF Kevin Frandsen on a one-year contract.
ST. LOUIS CARDINALS — Agreed to terms with C Rob Johnson on a minor league contract. Released RHP Kyle McClellan unconditionally.

BASKETBALL

USA BASKETBALL — Re-eleted chairman and managing director Jerry Colangelo. Named Kim Bohuny, Mark Tatum, Dan Gavitt, Mark Lewis, Chris Plonsky, Bob Gardner, Billy Hunter, Jim Carr, Chauncey Billups and Katie Smith to the board of directors.

NBA

CHARLOTTE HORNETS — Traded G Matt Carroll to New Orleans for F Hakim Warrick.

NFL

CHICAGO BEARS — Signed QB Josh McCown. Released TE Brody Eldridge.
CLEVELAND BROWNS — Signed DL Ricky Elmore to the practice squad.
DENVER BRONCOS — Released S Duke Ihenacho.
INDIANAPOLIS COLTS — Signed LB Shawn Loiseau and TE Martell Webb to the practice squad.
PITTSBURGH STEELERS — Released DT Alameda Ta'amu. Signed WR David Gilreath from the practice squad.
TAMPA BAY BUCCANEERS — Placed LB Quincy Black on injured reserve. Released WR Dale Moss and TE LaMark Brown from the practice squad. Signed DE Ernest Owusu and WR Diondre Borel to the practice squad.

AHL

AHL — Suspended Bridgeport RW Colin McDonald two games for his actions during Sunday's game.
CHARLOTTE CHECKERS — Assigned F Victor Rask to Calgary (WHL).

ECHL

ECHL — Named Todd Merton director of marketing and licensing.

LACROSSE

BUFFALO BANDITS — Agreed to terms with D Jimmy Purves on a one-year contract.
MINNESOTA SWARM — Re-signed T David Earl and F Pat Smith to one-year contracts. Agreed to terms with F Matt Gibson on a one-year contract.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	299	201
Miami	4	5	0	.444	173	186
N.Y. Jets	3	6	0	.333	175	228
Buffalo	3	6	0	.333	211	285

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	1	0	.889	250	143
Indianapolis	6	3	0	.667	186	201
Tennessee	4	6	0	.400	219	311
Jacksonville	1	8	0	.111	127	246

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	2	0	.778	254	196
Pittsburgh	6	3	0	.667	207	177
Cincinnati	4	5	0	.444	220	231
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	6	3	0	.667	271	189
San Diego	4	5	0	.444	209	191
Oakland	3	6	0	.333	191	284
Kansas City	1	8	0	.111	146	256

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	4	5	0	.444	188	204
Philadelphia	3	6	0	.333	156	221
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	1	0	.889	247	174
Tampa Bay	5	4	0	.556	260	209
New Orleans	4	5	0	.444	249	256
Carolina	2	7	0	.222	163	216

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	2	0	.778	242	133
Green Bay	6	3	0	.667	239	187
Minnesota	6	4	0	.600	238	221
Detroit	4	5	0	.444	216	222

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	1	.722	213	127
Seattle	6	4	0	.600	198	161
St. Louis	3	5	1	.389	161	210
Arizona	4	5	0	.444	144	173

WEEK 10

Monday's result
Pittsburgh 16 Kansas City 13 (OT)
Sunday's results
Cincinnati 31 N.Y. Giants 13
Denver 36 Carolina 14
Tampa Bay 34 San Diego 24
Tennessee 37 Miami 3
Baltimore 55 Oakland 20
New England 37 Buffalo 31
Minnesota 34 Detroit 24
New Orleans 31 Atlanta 27
Seattle 28 N.Y. Jets 7
Dallas 38 Philadelphia 23
San Francisco 24 St. Louis 24
Houston 13 Chicago 6
Thursday's result
Indianapolis 27 Jacksonville 10

WEEK 11

Thursday's game — All Times Eastern
Miami at Buffalo, 8:20 p.m.
Sunday, November 18
Cleveland at Dallas, 1 p.m.
N.Y. Jets at St. Louis, 1 p.m.
Cincinnati at Kansas City, 1 p.m.
Arizona at Atlanta, 1 p.m.
Jacksonville at Houston, 1 p.m.
Philadelphia at Washington, 1 p.m.
Green Bay at Detroit, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
New Orleans at Oakland, 4:05 p.m.
Indianapolis at New England, 4:25 p.m.
San Diego at Denver, 4:25 p.m.
Baltimore at Pittsburgh, 8:20 p.m.
Monday, November 19
Chicago at San Francisco, 8:30 p.m.

CIS FOOTBALL

ONTARIO PLAYOFFS

YATES CUP
Saturday's result
McMaster 30 Guelph 13

ATLANTIC PLAYOFFS

LONEY BOWL
Saturday's result
Acadia 17 Saint Mary's 9

QUEBEC CONFERENCE

DUNSMORE CUP
Saturday's result
Laval 40 Sherbrooke 17

CANADA WEST PLAYOFFS

HARDY CUP
Saturday's result
Calgary 38 Regina 14

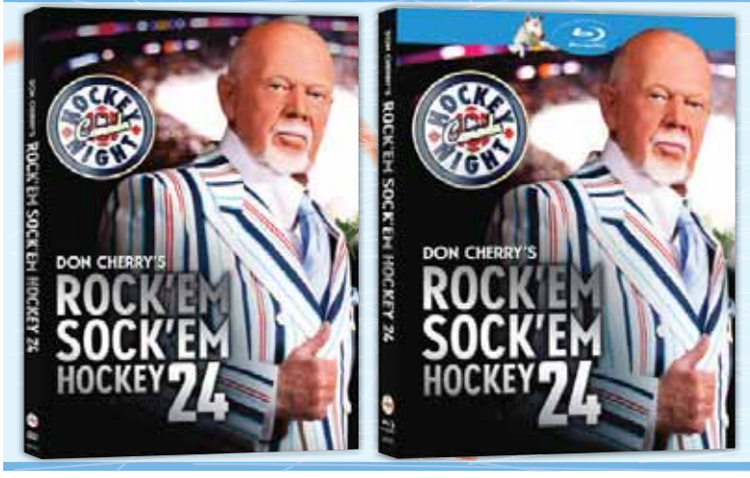
NATIONAL SEMIFINALS

UTECK BOWL
Saturday, November 17 — All Times Eastern
Acadia at Laval, 1 p.m.

MITCHELL BOWL
Saturday, November 17
Calgary at McMaster, 4 p.m.

48TH VANIER CUP

Friday, Nov. 23
At Toronto
Uteck vs. Mitchell Bowl winners, 7:30 p.m.



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DRIVE

‘With no particular place to go.’ Is the casual drive dead?

Autopilot

AUTO PILOT
Mike Goetz
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“Riding along in my automobile” isn’t really a pastime anymore. Nearly every journey we take serves a purpose. HANDOUT

We’ve got a skinny latte at the ready in the cup holder, a navigation system lighting our way and electric elements in the seats warming our nether regions and lower back, but we don’t seem to be whistling a happy tune behind the wheel.

Most likely we’re mumbling about the traffic or the road construction. Could also be something more generic, like the idiocy of our fellow humans, or the crush of time.

Basically, we’re getting nicer vehicles, but the nature of our trips is going the other way, the wrong way. We take too many of them, and most of them are just about getting somewhere under a tight deadline. It’s a scenario that’s killing some of the joy of driving and pushing “just going for a drive” to extinction.

Now, I don’t want to sound like a folksinger. (How many folksingers does it take to screw in a light bulb? Four. One to screw in the light bulb, three to sing about how much better the old light bulb was.) But not too long ago, I think more people went driving for the sake of it — as an enjoyable way to pass some time.

The term “Sunday afternoon drive” is still in our vernacular, but who goes on those things anymore? Last time I suggested we go on a Sunday afternoon drive the kids looked at me like I was on drugs. One turned back to their digital entertainment device without saying a word.

The other said, “Great idea, Dad,” in a totally ironic way, before turning back to their digital entertainment device.

If you’re already driving tons, I can see why you wouldn’t want to get into the car again, but that isn’t the only thing driving “not driving.” It’s been well documented that younger generations aren’t purchasing cars like previous generations — if you don’t have a vehicle at your disposal, the chances are good you’re not going on any kind of drive, particularly the “just for the hell of it” type.

In an article chronicling how car use is peaking in the rich world, The Economist had this to say about the younger generation’s totally digitalized life and indifference to the automobile: “Never before has not travelling been so much fun.”

Fuel expenses and the desire to be more green are also crimping recreational driving. And what about electric vehicles? Are you gonna blow your whole 12-hour charge on some aimless car ride?

As any culture, car culture has to constantly change and evolve. It’s evolved to a point where people are increasingly less likely to jump in a car and just drive for the sake of it.

There’s good in that for sure, but I’m just saying we’re losing a very cool pastime practiced and enjoyed by many generations before us — a pastime that, when you’re lucky, affords you an awesome headspace you’ll not find any other way.

JOY

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CASH PURCHASE DISCOUNT | HONDA DOLLARS | TOTAL CASH PURCHASE SAVINGS

2012
CIVIC SEDAN LX
MODEL SHOWN: FB2E4CEX

$16,735‡ CASH PURCHASE PRICE
INCLUDES FREIGHT & PDI

2012
CIVIC COUPE LX
MODEL SHOWN: FG3A4CE

$17,235‡ CASH PURCHASE PRICE
INCLUDES FREIGHT & PDI

STANDARD FEATURES ON LX

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- CRUISE CONTROL
- HANDSFREELINK™ -BILINGUAL BLUETOOTH® WIRELESS MOBILE PHONE INTERFACE USB DEVICE CONNECTOR
- 4-WHEEL ANTI-LOCK BRAKING SYSTEM (ABS) WITH ELECTRONIC BRAKE DISTRIBUTION (EBD) AND BRAKE ASSIST

HONDA
HondaAlberta.ca

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‡MSRP is $19,235.00/$19,735.00 for a 2012 CIVIC LX, model FB2E4CEX/2012 CIVIC COUPE LX, model FG3A4CE and includes $1,495.00/$1,495.00 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. Offers valid from November 1, 2012 through November 30, 2012 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

Hum through any rough ride

Second Gear.
2006-2010 Hummer H3

Few machines in recent history combine real-world 4x4 capability and stand-out styling like models from GM's now killed-off Hummer line. The original, military-grade Hummer H1 pops into the minds of the masses when the brand is brought up — though GM successfully marketed a smaller civilian model called the H3, and it came with features including power seats, premium Monsoon audio, a driver computer and more.

PHOTO: WHEELBASE MEDIA

Common Issues

Earlier five-cylinder powered models suffered from a cylinder head problem, which could cause potentially severe engine problems. Symptoms may include a rough idle, poor power delivery, or a loud ticking sound. This problem was most likely to present itself while the H3 was still under warranty — though approval from a GM mechanic should be sought, just to be safe. Note that V8-powered H3s aren't affected by this issue. Have a mechanic check the underside for any signs of excessive rust, leaks, or damage caused by careless off-roading. Ensure the H3's 4x4 system can switch between its various modes as described in the owner's manual. If that's not the case, be sure to find out why before agreeing to fork over any cash.

Engine

Standard five-cylinder models packed 220 or 242 horsepower depending on the year, while an available 5.3 litre smallblock V8 turned out 300 ponies.

What owners like

Capability, styling and toughness are some of the most-loved attributes of the H3. A smooth and comfortable ride, small turning circle and easy maneuverability can be expected, too.

What owners dislike

Gripes centre around a cramped rear seat, a small cargo hold and limited at-hand storage up front. Many owners also wish their H3s had more intuitive control placement, too.

Verdict

The H3 should prove a worthy ride for a shopper concerned mainly with style and capability. Those after fuel efficiency, modesty and sensibility are best advised to look elsewhere.

CLASS ACTION AGAINST VOLKSWAGEN

NOTICE OF APPROVAL OF THE SETTLEMENT AGREEMENT

IF YOU PURCHASED OR LEASED A 2006 VOLKSWAGEN JETTA YOU COULD BE COMPENSATED BY THE AGREEMENT

MODEL COVERED
2006 Volkswagen Jetta vehicles with serial numbers between 1K_5M000001 and 1K_6M759703.

THE PROBLEM
The approved agreement pertains to problems resulting from the premature wear and severing of left front driver door wiring harness which causes intermittent or permanent problems related to the use of accessories and / or use of power from the electrical system of the vehicles covered (the "Problem Covered").

THE COMPENSATION
Persons who repaired, replaced or purchased the wiring harness for the left front driver door may obtain **a reimbursement of $320.00** less, in some cases, a credit granted or previously reimbursed by Volkswagen or one of its authorized dealers relating to the Problem Covered and, in all cases, court approved deductions for legal fees and statutory withholdings.

THE EXTENDED WARRANTY
Moreover, the **warranty** on this part is **extended to 8.5 years (102 months) or 165,000 km** from the in-service date, whichever comes first. An amount of $60.00 plus applicable taxes must be paid by the members to take advantage of the repairs under the extended warranty.

If you repaired, replaced or purchased the wiring harness for the left front driver door and want to claim a reimbursement, you must, **by March 29, 2013 at the latest, submit a Claim Form**, which is available online or from the Claims Administrator:

BRUNEAU GROUP INC.
Volkswagen 2006 Jetta Claims
P.O. Box 20187 - 390 Rideau Street
Ottawa, ON K1N 9P4

Tel: 1-866-288-3683
Fax: 1-613-562-0321
Email: info@vwclaim.ca
Website: www.wwclaim.ca

You can also obtain the Claim Form and information relating to this Agreement at:
www.sfpavocats.ca/volkswagen

YOU DO NOT WISH TO BENEFIT FROM THE AGREEMENT?
You may exclude yourself ("opt-out") by providing, **by January 13, 2013 at the latest**, the Opt-Out Form available online or from the Claims Administrator at the address above.

THE ATTORNEYS FOR THE CLASS ACTION:
SYLVESTRE FAFARD PAINCHAUD
740, Atwater
Montreal (Quebec) H4C 2G9
Tel: (514) 937-2881 #230
Fax: (514) 937-6529
Email: lo.fontaine@sfpavocats.ca
Website: www.sfpavocats.ca/volkswagen

DO YOU WISH TO CLAIM COMPENSATION?

Visit **www.vwclaim.ca** for information about this settlement and how to claim.

MARKETING SPECIALIST

Metro Edmonton is looking for a passionate and innovative Marketing Specialist to join our dynamic team! Working out of the Edmonton office, the successful candidate will be responsible for the local marketing in Edmonton and Saskatoon.

PRIMARY RESPONSIBILITIES:

- Support the Marketing team in implementing B2B and B2C initiatives
- Support distribution team and focus upon local & national Readers Per Copy initiatives
- Support editorial team in promoting key columnists
- Executing national and local initiatives
- Proactively develop and update sales tools for Metro sales staff, including media kits and sell sheets using NADbank and other industry resources
- Develop a network of key contacts with local media outlets and event producers

REQUIREMENTS:

- University or College Degree in Marketing or Advertising
- At least 2 years experience in a similar role
- Knowledge of NADbank, PMB, CCAB, Comscore, and Omniture
- Highly organized and detail oriented
- A passion for creativity and innovation
- Proficient in Microsoft Office applications - advanced knowledge in Microsoft PowerPoint and Excel

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than November 21, 2012. PLEASE QUOTE "Marketing Specialist - Edmonton" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

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2013 Jeep Grand Cherokee Overland shown.[1]

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CHRYSLER Jeep DODGE RAM

Jeep.ca/Offers

Wise customers read the fine print: •, ♦, ‡, §. The Wonderful Ride Holiday Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after November 10, 2012. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealers for complete details and conditions. •$38,298 Purchase Price applies to 2013 Jeep Grand Cherokee Laredo (26E) only. Pricing includes freight ($1,500-$1,595) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealer may sell for less. See participating dealers for complete details. •$500 Bonus Cash is available on the following new 2012/2013 models: Dodge Grand Caravan (excluding CVP models), Dodge Journey (excluding CVP models), Jeep Grand Cherokee, Dodge Durango, Dodge Charger and Chrysler 300. $500 Bonus Cash will be deducted from the negotiated price after taxes. See your dealer for complete details. ‡4.49% purchase financing for up to 96 months available on the new 2013 Jeep Grand Cherokee (26E) models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Dealer order/trade may be necessary. Dealer may sell for less. See your dealer for complete details. Example: 2013 Jeep Grand Cherokee (26E) with a Purchase Price of $38,298 financed at 4.49% over 96 months with $0 down payment equals 208 bi-weekly payments of $219 with a cost of borrowing of $7,321 and a total obligation of $45,619. Pricing includes freight ($1,500-$1,595) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealer may sell for less. §2013 Jeep Grand Cherokee Overland shown. Price including applicable Consumer Cash Discount: $52,040. Pricing includes freight ($1,500-$1,595) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealer may sell for less. ¥Based on automotive awards for SUVs 1974 to 2011. ♦Based on *Ward's* 2012 Middle Sport/Utility Vehicle Segmentation. °Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel economy will vary based on powertrain, driving habits and other factors. 2013 Jeep Grand Cherokee – Hwy 8.8 L/100 km (32 MPG) and City: 13.0 L/100 km (22 MPG). [1]™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

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Your in-car concierge awaits ...

Driving Force.
2013 Infiniti JX is first to offer unique 'luxury segment' service

JIL MCINTOSH
drive@metronews.ca

As fancy as some cars are, there's always a limit. Buyers in the premium segment naturally want luxury and technology, but automakers have to balance several factors, including the cost, what technology is available, and if it can be integrated into a vehicle.

Perception is also a major factor in this field. Buyers have to use and like the features, and feel there is value in them.

In recent years, auto companies have put a premium on time and convenience. Today, some of the hottest "must-have" features are ones that make the vehicle an extension of the driver's itinerary, such as those that let an owner integrate a smartphone and the applications he or she already uses.

Infiniti has taken this a step further with its new Infiniti Personal Assistant, or IPA, which is standard on every 2013 Infiniti model. The owner is given a toll-free number that connects to a "personal concierge," who identifies him through his phone number. The operator will answer just about any request, from hotel reservations and directory assistance, to sports scores, stock market updates, weather forecasts, and more.

"We are the first automotive manufacturer in Canada to offer this," says Michael Kopke, chief marketing manager for Infiniti. "You actually get a human being. You're not hitting 'one' for this and 'two' for that.

"It could be as simple as booking a restaurant or ordering flowers, but when we tested it before launching, we had IPA help with sourcing a refrigerator at the best price and the location to find it."

The service is unusual in that it can be accessed anywhere by telephone, rather than only through the vehicle itself (it will work on a phone paired to the car, of course). While the call connects to a U.S. centre, and information can be obtained for just about anything worldwide, calls from Canada are answered in English or French, and information is Canadian-specific when required.

Depending on the request, answers can be given right away, or sent as a text message or email. Links are included so information can be downloaded into smartphones, such as a Google map or a company's website.

"It's part of being participatory in the luxury segment," Kopke says. "People are busy. If they're not busy with their profession, they're busy with their family lives. We're catering to our customers, whether they're stuck in traffic or taking kids to soccer practice."

Details

- **Older models.** IPA plans can be purchased by drivers who already own a 2012 or older Infiniti vehicle. Several companies offer connection services, such as GM's OnStar, but Infiniti says it is the first to offer a concierge service.

The Infiniti JX comes complete with a concierge who is just a call or email away. HANDOUT

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†Coverage begins from the original new retail sale date and covers 7-years/140,000-kilometres, whichever comes first. ‡0.9% APR only for well qualified buyers; not all buyers will qualify. Amount of down payment and other factors may affect qualification. 0.9% APR available on all models and all qualifying model years (the 5 model years immediately preceding the date of this advertisement, or newer) for up to 24-month terms. Based on a representative example of $15,000 financed at 0.9% over 24 months equals monthly payments of $630.88 with $0 down payment, cost of borrowing is $141.03 with a total obligation of $15,141.03. Licence, insurance, taxes, down payment, and, where applicable, PPSA and other dealer charges are extra and may be required at time of purchase. Finance on approved credit for qualified customers only. Offer subject to change without notice. Visit your participating dealer for complete details.

Horoscopes

♈ Aries
March 21 - April 20
From today on, a relationship issue won't seem so important. Most likely, you have reached the point where someone's negative behaviour no longer annoys you the way it once did. You have more important things to worry about.

♉ Taurus
April 21 - May 21
Mercury's move back into your opposite sign means you won't be able to go your own way or do your own thing for a while. Whatever restrictions are placed on you, just accept them. They're only temporary.

♊ Gemini
May 22 - June 21
Recent events have taken a lot out of you, both physically and mentally, so you really do need to slow down for a while. Put your wellbeing first today, and for the rest of the week. Work can wait.

♋ Cancer
June 22 - July 23
It's time to get serious about your creative endeavours. Most importantly, you need to have a clear picture in your mind of what it is you are aiming to accomplish. And yes, that's "aiming", not just "hoping".

♌ Leo
July 24 - Aug. 23
Your domestic situation is in a period of flux and what happens today will make it obvious that if you don't make changes, other people will. You don't have to act immediately, but you do have to get serious about it.

♍ Virgo
Aug. 24 - Sept. 23
The planets will find ways to tell you that you are taking too much for granted and need to look again at the way you think about, and interact with, the world outside your door. Open your mind to new possibilities.

♎ Libra
Sept. 24 - Oct. 23
You will get another chance to resolve a financial issue that has been casting a shadow over your life in recent weeks. And, this time, you must take it. You already know what needs to be done, so do it.

♏ Scorpio
Oct. 24 - Nov. 22
Mind planet Mercury, which is in one of its retrograde phases, moves back into your sign today. So, most likely, you will have to reconsider an issue you thought had been resolved. Looks like other people don't agree with you.

♐ Sagittarius
Nov. 23 - Dec. 21
How can you change your life for the better? What things can you improve on today so your tomorrows will be more enjoyable? Give it some thought and then get busy. Any day can be a new beginning.

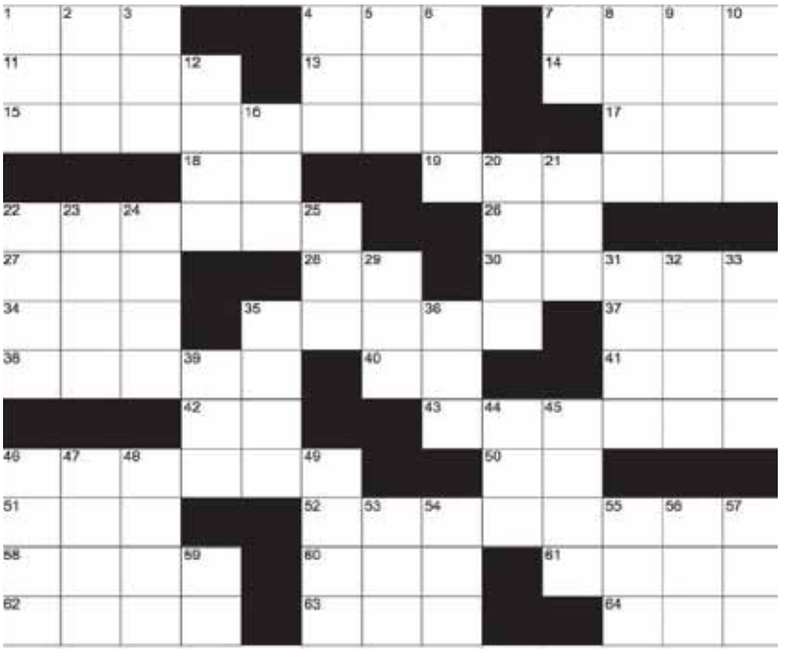
♑ Capricorn
Dec. 22 - Jan. 20
The planets are again trying to tell you that you will only make progress if you find ways to bring others into your plans. Are you the sort of person who knows how to share? If not, maybe it's time to learn.

♒ Aquarius
Jan. 21 - Feb. 19
This is a good time for matters related to your career but you will need to be on your guard. Don't let a rival steal the glory that should have been yours. Use your elbows and barge your way to the front.

♓ Pisces
Feb. 20 - March 20
You may want to be on the move but that may not be possible today. Most likely, you will have to stay where you are and take care of a situation that no one else is qualified to handle. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



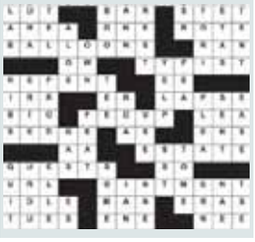
Across

1. Corner —
4. Note paper
7. Trendy New York area
11. Operatic solo
13. "Hold on Tight" gr.
14. Dog and cat menace
15. University or college hearings
17. Carol Burnett tugged on this
18. Dr. Camille Saroyan on Bones (init.)
19. Mistakes
22. Fired (sl.)
26. Ready – Not
27. Mineral
28. Used in the summertime (abbr.)
30. Broadcasted
34. Plural suffix
35. Fireplace coal
37. Actress Gardner
38. Filthy weather
40. St. bordering New York
41. Actor Beatty
42. For example (abbr.)
43. Heads the meeting
46. Stress
50. Little House – the Prairie
51. Quick – – bunny (2 words)
52. Image
58. Allows
60. Boxing great
61. New York canal
62. Star of I Dream of Jeannie
63. Mad —
64. Part of i.e.

Down

1. Guys partner
2. — we there yet?
3. Command for Fido
4. Apiece (abbr.)
5. Lager
6. Rx directive
7. California city (abbr.)
8. Butter substitute
9. Listen
10. Rowboat needs
12. Letter starter
16. Southern Indian tribe
20. Lion's yell
21. Country abbr.
22. Video game slot
23. Math calculation
24. Robert Stack in The Untouchables
25. Water barrier
29. Canadian Broadcasting Corporation (abbr.)
31. Hindi queen
32. For always
33. My Two —
35. Ogles
36. And so on.... (abbr.)
39. Even score
44. Gardening implement
45. Green Gables girl
46. Mrs. Roy Rogers
47. Utilized
48. Merit
49. Shut the door forcefully
53. Island (Fr.)
54. Relative
55. Before (poet.)
56. Family member (abbr.)
57. Lay down
59. "Jurassic Park" actor (init.)

Yesterday's Crossword



What's online

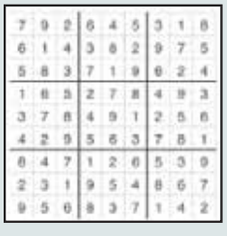
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			3	4	6			
	2			5			6	
	6	7				4	1	
		5				9		
8		9		6		7		1
		6				2		
	4	8				3	2	
	9			1			8	
			7	3	8			

Yesterday's Sudoku



Weather

TODAY	THURSDAY	FRIDAY
MAX: 2° MIN: -4°	MAX: 1° MIN: -6°	MAX: 1° MIN: -7°

BT BREAKFAST TELEVISION

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